

Spring Guide



Hometown Holidays - May 28-30

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**Tots/Preschool • Children • Croydon Creek Nature Center
Teens • Adults • Seniors • Aquatics • Cultural Arts**

Spring Guide



We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. *Welcome to Rockville Recreation and Parks.*

Stay Informed

www.rockvillemd.gov/recreation

Email: rockenroll@rockvillemd.gov
240-314-8620



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)



Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

Rate Key:

Prices are listed as

Resident (R)

Non Resident (NR)

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**Senior and Swim Member program
registration begins March 8, 2016**

Spring registration begins March 10, 2016

Rockville Earns National Recognition for Healthy Initiatives

Let's Move! Rockville achieved gold medals in all five categories and was recognized by the National League of Cities.

Playful City USA - The city was recognized as a leader in providing all children easy access to balanced and active play.

Rockville's Mayor and Council passed a resolution to be a **Healthy Eating Active Living** community, encouraging healthy living among residents and employees.



Note to parents: In order to assist us in offering quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

New! Abrakadoodle Icky, Slimy, Goopy

Come join in the fun as you sculpt, print, mix and model to make the most unusual art projects in town! Have fun with Icky Bug Doodles and Slinky Snakes. Learn about creating your own art materials when you mix up some Goodle and bubble paint. Make your own unique creatures.

Age: 3-5

54887 Sa 4/9-5/14 9:30-10:30 AM \$120/\$129
Twinbrook CRC/Abrakadoodle Staff

Abrakadoodle Twoosy Doodlers

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with paints, glue, printing and creating while developing fine motor, language and self-help skills. Each session has new activities. Note: \$24 non-refundable material fee due to instructor at first class.

Age: 20-36 mo

54435 Th 4/14-6/2 11-11:45 AM \$120/\$129
Thomas Farm CC/Abrakadoodle Staff

Act It Out!

Have an adventure through storybooks in this acting class that uses theater arts to teach children about relevant social issues and character education topics such as respect, truth and peace. Each week, these young actors learn various improvisational theater games, as well as a story they will act out using costumes and props. The actors will present their favorite story the last day of class.

Age: 4-6

54846 Sa 4/9-6/11 10:30-11:15 AM \$105/\$115
Thomas Farm CC/CARE Actor Staff

Little Fingers Piano Parent/Child

Students will be introduced to instrumental music through a group learning experience. Children will be introduced to musical symbols and play songs in a relaxing and age appropriate environment. The objective of these classes is to introduce children to music and specifically piano in order to promote a love of music and desire to have music in their lives in a meaningful and productive way. Program includes FREE instrument rental and materials - NO materials fee. Rental agreement must be signed - rental must be returned at the last scheduled class of the session.

Age: 2-5

54464 Sa 4/16-5/21 9:30-10 AM \$120/\$129

Age: 2-5

54465 Sa 4/16-5/21 10:15-10:45 AM \$120/\$129
Twinbrook Community Rec. Center Annex/Learn Now Music

Little Stars!

Introduce your little ones to the wonderful world of arts education in this theater class. These young minds will exercise their creativity and imaginations through music, movement, storytime, acting games and art. Each week they will have a mini-art project to take home that relates to the class theme. Note: \$20 materials fee is due at first class.

Age: 2-3

54466 Sa 4/9-6/11 9:30-10:15 AM \$105/\$115
Thomas Farm CC/CARE Actor Staff



New! LNM My First Music Class

Enjoy music with your child while they experience their FIRST Music Class! We will explore fun topics such as the farm, cooks in the kitchen, the sea, birds, animals, parts of the body and surprises, etc. Students and parents participate in language repetition and speech development, greetings and goodbyes, verbal and physical counting, memory and reaction exercises, gross and fine motor skills, instrument manipulation and handling, rhythm exercises, and listening and melody development. Small manipulatives such as scarves, bean bags and small percussive instruments will be supplied and utilized in class.

Age: 2-5
54794 F 4/15-5/20 10:30-11 AM \$125/\$135

Age: 2-5
54922 F 4/15-5/20 11:15-11:45 AM \$125/\$135
Kicks Karate/LNM Staff

Music Together® (Adult/Child)



Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together® CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$120. Siblings under 10 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 10 months and older to receive a discount. Adult participation required.

Age: 1 mo-5 yr
54469 W 4/13-6/15 9:30-10:15 AM \$189/\$210/\$120

Age: 1 mo-5 yr
54470 W 4/13-6/15 10:30-11:15 AM \$189/\$210/\$120
Thomas Farm CC/Liddle

Age: 1 mo-5 yr
54471 Th 4/14-6/16 9:30-10:15 AM \$189/\$210/\$120

Age: 1 mo-5 yr
54472 Th 4/14-6/16 10:30-11:15 AM \$189/\$210/\$120
Elwood Smith RC/Winkler



Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4
54476 Sa 4/9-5/28 10-10:45 AM \$85/\$95
Twinbrook CRC/Simpson

Age: 3-4
54478 Sa 4/2-5/7 10:45-11:15 AM \$54/\$64
54479 Sa 4/2-5/7 11:15-11:45 AM \$54/\$64
Thomas Farm CC/Kwong

Age: 3-4
54481 Sa 4/9-5/28 10-10:45 AM \$85/\$95
54482 W 4/6-5/25 10:30-11:15 AM \$85/\$95
Rockcrest Ballet Ctr./Chongpinitchai/Langdon

Age: 4-5
54477 Sa 4/9-5/28 11-11:45 AM \$85/\$95
Twinbrook CRC/Simpson

Age: 4-5
54480 Sa 4/2-5/7 10-10:45 AM \$54/\$64
Thomas Farm CC/Kwong

Pre-Ballet Dansez Dansez!



Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required.

Age: 2-5
54483 Th 4/14-6/2 4:15-4:45 PM \$95/\$110
Thomas Farm CC/Philippe

RockvilleRec is on Twitter

Follow us for updates, new class information and the latest in rockville recreation programs and services. Follow @RockvilleRec



Log on and join!
www.twitter.com

Tiny Tot Springtime Festival



Preschool children and their parents are invited to join us for spring time celebration! The fun includes play equipment in the gym, crafts, games and a light snack. The fee is \$2 per child and a fee for non-member adults.

Age: 1-4

54104 Tu 4/12 10 AM-12 PM \$2
Thomas Farm CC

Age: 5+

54103 Tu 4/12 10 AM-12 PM \$6/\$8
Thomas Farm CC

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Funfit Tots (Adult/Child)



Enjoy non-stop fun with active games, songs, parachute play, balls and creative movement. Develop self confidence, motor skills, socialization and reinforce cognitive learning. All abilities welcome. Children must be walking.

Age: 1-2

54701 F 4/15-6/3 10:15-11 AM \$96/\$110
Thomas Farm CC/Funfit Staff

Age: 2-3

54703 F 4/15-6/3 11-11:45 AM \$96/\$110
Thomas Farm CC/Funfit Staff

Tiny Tigers



Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students.

Age: 3-4

54763 M & W 4/18-5/18 6-6:30 PM \$99/\$109
54764 Tu & Th 4/19-5/19 4-4:30 PM \$99/\$109
Kicks Karate/Staff



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

New! Coach Doug Kickball/T-Ball



Kick off your child's sports experience the Coach Doug way. Learn fundamental kickball and t-ball skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self confidence. No adult participation required.

Age: 3-6

54678 Su 4/10-6/5 11-11:45 AM \$88/\$99
Thomas Farm CC/Wilson

Coach Doug Wee Wanna Be (Adult/Child)



Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.

Age: 2-5

54681 Su 4/10-6/5 10:15-11 AM \$88/\$99
Thomas Farm CC/Wilson

Ages 2-5

55098 Fri 4/22-5/27 9:15-10 am \$66/\$76

Ages 3-6

55099 Fri 4/22-5/27 10:15-11am \$66/\$76
King Farm Park/Wilson

Little Tennis Aces



Learn to play tennis with your youngster using smaller nets and larger softer balls. A variety of age appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5

54714 Sa 4/16-5/21 3-3:45 PM \$69/\$79
54715 Su 4/17-5/22 9-9:45 AM \$69/\$79
King Farm Park/Z. Yargici

New! Superheroes Sports



Come join the fun as you learn a variety of sports and games with your favorite superheroes in mind. Each week a different superhero will be featured along with new activities. Make new friends, develop and improve gross motor skills and learn about cooperation and team work.

Ages 4-6

54913 Tu 4/19-5/24 4:30-5:15 pm \$69/\$79
Montrose CC & Park/Hawkins

54731 Fri 4/15-5/20 4:30-5:15 pm \$69/\$79
King Farm Park/Thomas

Tiny Hoopers



You're never too young to start playing basketball. This program will teach your little one sportsmanship, teamwork and the fundamentals needed to play the game.

Age: 4-7

55091 Th 4/21-5/26 5:30-6:15 PM \$60/\$75
Lincoln Park CC/Dawkins

Tiny Tykes Basketball



Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized.

Age: 4-5

54847 Sa 4/9-6/4 9-9:45 AM \$69/\$79
Thomas Farm CC/Rose

UK Elite - Petite Soccer



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment.

Age: 3-5

54771 W 4/13-5/18 4:30-5:30 PM \$105/\$119
54772 W 4/13-5/18 5:30-6:30 PM \$105/\$119
King Farm Park/UK Elite Staff

UK Elite Petite Soccer (Adult/Child)



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. Adult participation required.

Age: 2-3

54773 W 4/13-5/18 4:30-5:30 PM \$105/\$119
54774 W 4/13-5/18 5:30-6:30 PM \$105/\$119
King Farm Park/UK Elite Staff

Time for Toddlers



Monday Morning Moms

Mondays, 10 a.m.-Noon

Parents and preschoolers enjoy
play equipment in the gym.

Twinbrook Community Recreation Center
240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m.-Noon

Tiny Tots Spring Time Festival, Apr. 12
#54103 & 54104

Thomas Farm Community Center
240-314-8840

Toddler Time

Wednesdays, 10 a.m.-Noon

Parents and preschoolers enjoy
play equipment in the gym.

Lincoln Park Community Center
240-314-8780

Nature Tots

**Alternate Thursdays and
select Saturdays
10-11:30 a.m.**

(Advanced registration required)
Croydon Creek Nature Center
240-314-8770

We've Got Your Summer Covered!

Camps • Playgrounds Teen Activities

Open to all Metro area families



Camps: From June 20-Aug. 24, choose from a variety of options! Extended care and transportation available.

Playgrounds: Supervised fun in Rockville neighborhoods from June 27-Aug. 4. Extended care at two sites and field trips available. *Playgrounds Sampler June 20-24.*

Teens: Future Leaders Camp, Leaders in Training volunteer opportunity or Skateboarding Camp. *Preview of trips with Teens on the Go (register in spring).*

Pick up your guide at City Hall, Rockville recreation centers or the Rockville or Twinbrook libraries.

View the guide at www.rockvillemd.gov/guide



355 Martins Lane
(behind Swim and Fitness Center)

featuring:

Micro Ramp with
Escalator and Pyramid



Hours: 9 a.m. - 10 p.m. • 7 Days a Week •
Park has Lights • 240-314-8620
www.rockvillemd.gov/skatepark

Open House

Montrose Discovery Preschool

451 Congressional Lane



Thursday, March 31

6-7 p.m. • Ages 3-5

Bring your child for a tour of our wonderful preschool.

Meet our experienced teachers and have all of your questions answered in person!

Registration forms will be available.



DANCE IN THE ANNUAL Student Performance

Children and teens participating in ballet classes are eligible to register for the Annual Student Performance. (Pre-Ballet registrants not included.) Fee includes admission for family and friends and one costume.

54779 Sa 6/4 12 PM \$50
F. Scott Fitzgerald Theater

Note to parents: We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Ballet for Children



Learn the art of ballet through an elementary but professional approach. Register for the appropriate level which may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes. Participants may register for the Annual Student Ballet Performance activity #54779.

Young Beginner Ballet - Age: 5-7

54445 Tu 4/5-5/31 5:15-6:15 PM \$102/\$110
Twinbrook CRC/Chongpinitchai

Young Beginner Ballet - Age: 5-7

54444 Sa 4/9-5/28 11 AM-12 PM \$90/\$99
Rockcrest Ballet Ctr./Chongpinitchai

Beginner - Age: 6-12

54446 Sa 4/9-5/28 12:15-1:15 PM \$90/\$99
Rockcrest Ballet Ctr./Chongpinitchai

Beginner Plus - Age: 6-13

54443 F 4/8-6/3 5:45-6:45 PM \$102/\$110
Rockcrest Ballet Ctr./Simpson

Intermediate I - Age: 7+

54442 F 4/8-6/3 4:45-5:45 PM \$102/\$110
Rockcrest Ballet Ctr./Simpson

Intermediate II & III - Age: 8+

54440 M 4/4-5/23 4:45-5:45 PM \$90/\$99
Rockcrest Ballet Ctr./Simpson

Intermediate III & IV - Age: 9+

54441 W 4/6-6/1 4:45-5:45 PM \$102/\$110
Rockcrest Ballet Ctr./Simpson

Breakfast with the Bunny (Adult/Child)

The Bunny is making a special trip to Thomas Farm Community Center. Activities include crafts, egg hunt, D's Magic Show, games and an opportunity to pose with the Bunny. Continental breakfast served. Bring your camera. Fee applies to each person attending. Preregistration required for breakfast. Note: \$5 at door for entertainment and egg hunt.

Age: 2+

54102 Sa 3/19 10:30 AM-12:30 PM \$12/\$14
Thomas Farm CC

New! Hip-Hop Dansez! Dansez!



Keep movin' and havin' fun! Learn basic hip-hop choreography with a low impact workout with easy-to-learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers.

Age: 5-8

54461 Th 4/14-5/5 4:50-5:20 PM \$45/\$52
54462 Th 5/12-6/2 4:50-5:20 PM \$45/\$52
Thomas Farm CC/Philippe

Late Night Super-Sized



Enjoy a night out with friends. Have a blast jumping on an over-sized moonbounce and challenging friends to oversized games. Music and crafts are included. Food & drinks will be sold. Space is limited. Pre-registration encouraged. Fee at the door is \$13 for residents; \$17 for nonresidents, beginning at 6:30 p.m.

Grade: 3-7

54954 F 6/3 7-10 PM \$10/\$12
Thomas Farm CC

LNМ Group Drum Experience

Budding musicians will participate in drum instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for at-home practice, as well. Instruments must be returned at the end of the program on the last scheduled class day.

Age: 5-12

54467 Sa 4/16-5/21 11 AM-12 PM \$169/\$179
Twinbrook Community Rec. Center Annex/LNM Staff

LNM Group Piano Experience

Budding musicians will participate in piano instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for at-home practice, as well. Instruments must be returned at the end of the program on the last scheduled class day.

Age: 5-12

54468 W 4/13-5/18 5-6 PM \$169/\$179
Thomas Farm CC/Learn Now Music Staff

Royal Tea Party (Adult/Child)



Princesses and their royal families are invited to our annual Royal Tea Party. Dress in your fanciest princess attire. Royal games and activities will fill the afternoon. Fee applies to each person attending. Children must come with an adult family member or friend.

Age: 2+

54118 Sa 5/14 2-4 PM \$12/\$14

Superhero Party



Superheroes ages 2 and older can spend a fun afternoon with their adult family member or friend dressed as their favorite heroic character and demonstrates their extraordinary talents. The afternoon will include super hero games, picture taking with real superheroes, refreshments, and more.

Age: 2+

54110 Sa 4/23 2-4 PM \$12/\$14
Thomas Farm CC

Clubhouse



This drop-in, afterschool program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. OASIS: CATCH Healthy Eating Habits has teamed up with LPCC to provide a unique nutrition and physical activity program weekly to each participant. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m. Extra charges will apply for late pick ups.

Grade: Up to 5

53999 M-F 4/4-5/13 3:30-6:30 PM \$95/\$135

54000 M-F 5/16-6/17 3:30-6:30 PM \$95/\$135

Lincoln Park CC/Chase

Early Birds



This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in is available for a \$10 daily fee.

Age: 5-11

54250 M-F 5/16-6/16 7-9:30 AM \$120/\$130

54251 M-F 4/4-5/13 7-9:30 AM \$120/\$130

Twinbrook Community Rec. Center Annex

Twinbrook After School Club



Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents. Call 240-314-8620 for additional scholarship information.

Age: 5-13

53409 M-F 4/4-5/13 3:30-6:30 PM \$145/\$165

53410 M-F 5/16-6/17 3:30-6:30 PM \$145/\$165

Twinbrook ES

Before and After School Enrichment

After School Adventure



This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school or early release days.

Age: 5-11

54253 M-F 4/4-5/13 3:30-6:30 PM \$145/\$165

54254 M-F 5/16-6/16 3:30-6:30 PM \$145/\$165

Twinbrook Community Rec. Center Annex



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

New! Junior Boot Camp



Enjoy this workout that will build muscles, improve coordination and burn calories in a fun atmosphere. Meet new friends and develop team building skills as you participate in games and encourage each other to reach fitness goals.

Age: 5-8
55101 Mon 4/18-6/6 6-6:50 PM \$55/\$65
Twinbrook CRC/Beale

Karate - Tang Soo Do Youth



This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students.

Age: 5-7
54708 M & W 4/18-5/18 (M) 5:30-6:10 PM \$99/\$109
(W) 4-4:40 PM
54709 Tu & Th 4/19-5/19 5:55-6:35 PM \$99/\$109

Age: 8-12
54710 M & W 4/18-5/18 (M) 3:45-4:30 PM \$109/\$119
(W) 4:30-5:15 PM
54711 Tu & Th 4/19-5/19 6:30-7:15 PM \$109/\$119
Kicks Karate/Staff

Kids Fit Yoga



Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention as well as improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12
54834 Sa 4/23-6/11 10:15-11 AM \$86/\$99
Rockville Swim and Fitness Center/Groman

Parent/Child Fitness



With a focus on functional movement, this class for parent and child will use games to work on strength drills alternated with cardio intervals for a total body blast.

Age: 5+
54835 W 4/20-6/8 4:30-5:30 PM \$64/\$75
Rockville Swim and Fitness Center/Resendiz

Taekwondo for Kids



This class combines martial arts and fun activities that will help your child learn self-defense, improve their confidence and self-discipline. We will cover basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified 4th degree Black Belt.

Age: 6-11
54836 Su 4/24-6/12 2:30-3:30 PM \$70/\$81
Rockville Swim and Fitness Center/Fumagalli

Tumbling and Tramp



Students will learn a variety of tumbling skills from forward rolls to back handsprings and will progress to more difficult moves as skills are mastered. Trampoline skills including proper jumping and landing, seat drops and straddle and tuck jumps will also be taught.

Age: 4-6
55096 F 4/15-5/20 4:30-5:30 PM \$69/\$79

Age: 7-12
54768 F 4/15-5/20 6-7 PM \$69/\$79
Xtreme Acro and Cheer/Staff

THEME PARK TICKETS
On Sale
Early April

Parks, prices and information to be announced soon
call 240-314-8620

Zumba Fit-Kids



Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12

54837 Sa 4/23-6/11 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/Manzano

School Break Programs

Spring Break Mini Camps



Children in kindergarten through fifth grade will enjoy supervised programs and participate in crafts, organized games, sports and adventure. Mini-Camp also includes different day and a nature center program one day. Programs may vary slightly by location. Participants should bring a lunch each day and wear comfortable clothes and sneakers.

Age: 5-11

54105 M-F 3/28-4/1 9 AM-3 PM \$140/\$150
Thomas Farm CC

Age: 5-11

54106 M-F 3/28-4/1 9 AM-3 PM \$140/\$150
Twinbrook Community Rec. Center Annex

Age: 5-11

54261 M-F 3/28-4/1 9 AM-3 PM \$140/\$150
Lincoln Park CC

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Basketball Skills and Development



Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 9-11

54969 Th 4/14-6/2 4-4:50 PM \$69/\$79

Age: 12-16

54970 Th 4/14-6/2 5-5:50 PM \$69/\$79
Thomas Farm CC/Jordan

Worried about the weather?

Call the Sports League Line
at 240-314-5055.

New! Basketball/Soccer



Enjoy learning a variety of ball handling skills in basketball and soccer. Participate in game related activities and drills to improve your techniques and hand eye coordination. Games will be introduced as skill levels progress.

Age: 4-6

54934 Th 4/21-5/26 5-5:50 PM \$59/\$69
Twinbrook CRC/Hawkins

Fencing - Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

54690 Th 4/14-6/9 6-7 PM \$128/\$140
54691 Sa 4/16-6/18 11 AM-12 PM \$128/\$140
54692 Su 4/17-6/19 9-10 AM \$128/\$140
Rockville Fencing Academy

Age: 10-13

54693 Th 4/14-6/9 7:20-8:40 PM \$128/\$140
54694 Sa 4/16-6/18 12:20-1:40 PM \$128/\$140
54695 Su 4/17-6/19 4-5:20 PM \$128/\$140
Rockville Fencing Academy



New! Junior Team Tennis Prep



Join a team, enhance skills and learn fundamentals for team tennis and tournament play. Participants should be able to rally and serve. Last class will be a fun tournament and all participants will receive a t-shirt.

Age: 6-8
54925 W 4/20-5/25 6:30-7:20 PM \$74/\$84
King Farm Park/Gough

Age: 6-8
54929 Sa 4/16-5/21 5-5:50 PM \$74/\$84
Broome Gym & Pk./Raaf

Age: 6-8
54932 F 4/15-5/20 6:30-7:20 PM \$74/\$84
Montrose CC & Pk./M. Yargici

Age: 9-10
54923 W 4/20-5/25 4:30-5:20 PM \$74/\$84
King Farm Park/Gough

Age: 9-10
54927 Sa 4/16-5/21 3-3:50 PM \$74/\$84
Broome Gym & Pk./Raaf

Age: 9-10
54930 F 4/15-5/20 4:30-5:20 PM \$74/\$84
Montrose CC & Pk./M. Yargici

Age: 11-14
54924 W 4/20-5/25 5:30-6:20 PM \$74/\$84
King Farm Park/Gough

Age: 11-14
54928 Sa 4/16-5/21 4-4:50 PM \$74/\$84
Broome Gym & Pk./Raaf

Age: 11-14
54931 F 4/15-5/20 5:30-6:20 PM \$74/\$84
Montrose CC & Pk./M. Yargici



Lacrosse for Girls



Beginner to intermediate skills and offensive/defensive strategies will be taught. Participants are divided into groups based on age and skill level. Bring a women's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (2 or more) and \$10 off for each member of a team (5 or more). To receive a discount, register by mail, fax or walk-in.

Grade: K-4
54713 Su 4/17-5/8 12-1:30 PM \$75/\$88
Welsh Park/McCormick

Grade: 5-8
54712 Su 4/17-5/8 12-1:30 PM \$75/\$88
Welsh Park/McCormick

New! Little Big Shots Basketball



Children will be introduced to basketball skills such as dribbling, passing, catching and shooting, all through fun games and activities. Develop motor skills and learn good sportsmanship along the way.

Age: 6-7
54852 Sa 4/9-6/4 9:50-10:40 AM \$69/\$79
Thomas Farm CC/Rose

Shorty Sports



Enjoy learning the fundamentals of sports through games and a variety of instructional drills. Develop throwing, catching, kicking and batting skills through sports such as soccer, t-ball and basketball. Wear sneakers.

Age: 6-8
54722 F 4/15-5/20 5:20-6:10 PM \$69/\$79
King Farm Park/Thomas

Skateboarding for Kids



Interested in skateboarding? Whether you are a first-time rider or a pro, these classes will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! For Intermediate Level - participants must be able to perform dropping in, kick turns, pushing, pumping and tic tac. Bring skateboard, helmet, knee and elbow pads and wrist guards.

Age: 5-14

Beginner

54724 Sa 4/16-5/21 11 AM-12 PM \$69/\$79

Age: 5-14

Intermediate

54725 Sa 4/16-5/21 12-1 PM \$69/\$79

Rockville Skate Park/Verdell

Soccer Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 4-5

54727 Sa 4/16-5/21 9-9:50 AM \$69/\$79

King Farm Park/Thomas

Age: 6-7

54728 Sa 4/16-5/21 10-10:50 AM \$69/\$79

King Farm Park/Thomas

Age: 6-8

54730 Tu 4/19-5/24 5:20-6:10 PM \$69/\$79

Montrose CC & Pk./Hawkins

T-Ball Skills - Beginner



Have your kids experience what it's like to be on a team through game-like play! Coaches will teach the fundamentals of baseball and give one-on-one attention to help kids learn this great game. Bring a mitt to this fun and active class.

Age: 5-7

54734 Sa 4/16-5/21 10-10:50 AM \$69/\$79

54735 Sa 4/16-5/21 11-11:50 AM \$69/\$79

King Farm Park/Orrell

Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Tennis - 10 and Under



Using kid-sized racquets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racquet and ball activities, and enjoyable tennis games. Junior racquets are provided.

Age: 5-6

54739 Sa 4/16-5/21 8:45-9:25 AM \$69/\$79

King Farm Park/Gough

Age: 5-7

54748 W 4/13-5/18 4-4:50 PM \$69/\$79

Broome Gym & Pk./Raaf

Age: 6-8

54742 Su 4/17-5/22 10-10:50 AM \$69/\$79

King Farm Park/Z. Yargici

Age: 6-8

54749 Th 4/14-5/19 5-5:50 PM \$69/\$79

Montrose CC & Pk./Z. Yargici

Age: 7-8

54740 Sa 4/16-5/21 9:30-10:20 AM \$69/\$79

King Farm Park/Gough

Age: 8-10

54741 Sa 4/16-5/21 4-4:50 PM \$69/\$79

King Farm Park/Z. Yargici

Age: 8-10

54750 Th 4/14-5/19 6-6:50 PM \$69/\$79

Montrose CC & Pk./Z. Yargici

Age: 8-10

54963 W 4/13-5/18 5-5:50 PM \$69/\$79

Broome Gym & Pk./Raaf

Age: 9-10

54866 Sa 4/16-5/21 10:30-11:20 AM \$69/\$79

King Farm Park/Gough

Ages 8-10

55112 Mon 4/18-5/23 4:30-5:20 pm \$69/\$79

King Farm Park/Gough

Tennis Skills and Drills



Develop and improve fundamental skills including use of proper grip, racquet preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Children may be moved to a more appropriate class by instructor based on skill level. Bring a racquet and water bottle.

Age: 11-14

54759 Sa 4/16-5/21 11:30 AM-12:20 PM \$69/\$79

Age: 14-17

54760 Sa 4/16-5/21 12:30-1:20 PM \$69/\$79

Age: 11-14

55113 Mon 4/18-5/23 5:30-6:20 PM \$69/\$79
King Farm Park/Gough

UK Elite Soccer - Brazilian Theme



Improve fundamental techniques, skills and all aspects of your game using Brazilian-style tactics of soccer. Wear shin guards. Cleats are recommended.

Age: 7-10

54775 W 4/13-5/18 6:30-7:30 PM \$105/\$119
King Farm Park/UK Elite Staff

UK Elite Soccer - Technical



Focusing on the individual, this class will teach techniques and skills. A typical hour will include games, structured practices and scrimmages. Our professional coaches will ensure players improve their game and have a memorable experience. Wear shin guards. Cleats are recommended.

Age: 5-6

54776 W 4/13-5/18 6:30-7:30 PM \$105/\$119
King Farm Park/UK Elite Staff



Everyone's a Winner!

Youth Tennis Tournament USTA Sanctioned

Emphasizing skill development in a fun, competitive setting.

**10 and Under Tournament
Saturday, June 4, 11 a.m.-5 p.m.**

Ages: 9-10

\$28R; \$33NR Course # 54792

Kid-sized courts, nets, rackets and low compression balls.

**12 and Under Tournament
Saturday, April 30, 8 a.m.-5 p.m.**

Ages: 11-12

\$33R; \$38NR Course # 54793

Location: City of Rockville Tennis Courts

www.rockvillemd.gov/recreation/sports

Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

(April 15 - Oct. 15)

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parks-facilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Fitzgerald Theatre Social Hall

www.rockvillemd.gov/glenview
www.rockvillemd.gov/theatre
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830



Come check out our newly renovated South Pool

at the Rockville Swim and Fitness Center

355 Martins Lane,
Rockville MD 20850

www.rockvillemd.gov/swimcenter

YOUTH SPRING



SPORTS

Leagues Now Forming • Space is limited

T-Ball Minors

Age: 4-6 #53877

Baseball Co-Rec Coach Pitch

Age: 7-9 #53874

Co-Rec Soccer

Ankle Bitters Grade: Pre-K #53878

Tiny Kicks Grade: K-I #53879

Pee Wees Grade: 2-3 #53880

Track and Field

Bantams Born: 08-10 #53885

Midgets Born: 06-07 #53886

Juniors Born: 04-05 #53887

Intermediates Born: 02-03 #53888

For more information:

Email sports@rockvillemd.gov

www.rockvillemd.gov/recreation/sports

240-314-8620

NIKE GOLF 
LEARNING CENTER



NIKE GOLF CAMP

RedGate Golf Course is proud to host the fastest growing golf camp in Montgomery County. It is our commitment to provide Junior Golfers with the tools to enjoy this great game for a lifetime in a safe and fun environment. All skills and abilities are welcome.

SCHEDULE

Weekly Camps June - August
Full Day and Half Day camps available

CALL THE GOLF SHOP AT 240.406.1650 OR
SIGN UP AT REDGATEGOLF.COM/ACADEMY

MANAGED BY

REDGATE GOLF COURSE

Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770
www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. There are no registration deadlines, unless otherwise stated.

Container Herb Garden

Choose from a variety of aromatic herbs to create your very own container garden that you can enjoy all summer. A horticulturist from Smithsonian Gardens will be on hand to lead this workshop and answer your gardening questions.

Age: 10+

54879 Su 5/1 1:30-2:15 PM \$14/\$17
 Croydon Creek Ntr. Ctr.

Croydon Creek Campfire (Adult/Child)



Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

Spring Night Hike - All Ages

Enjoy a night time hike into the forest to look and listen for signs of spring. After the hike, we'll gather around the campfire to enjoy a campfire treat.

53951 Sa 3/19 7:30-8:30 PM \$5/\$6

Spring Night Hike - All Ages

Enjoy a nighttime hike into the forest to look and listen for signs of spring. After the hike, we'll gather around the campfire to enjoy a campfire treat.

53952 Sa 3/19 8-9 PM \$5/\$6

Nature Trivia - All Ages

Who holds the title of the strongest animal on earth? What do you call a group of owls? How long can a beaver hold its breath? Put your nature knowledge to the test and learn these facts and more at this campfire.

54873 Sa 4/16 8-9 PM \$5/\$6

Liars' Club - All Ages

Join us for a game of Liars' Club. Examine unusual objects and then hear two stories about each of the objects. One story is true and one is false. Will you be able to guess which story is the true origin of the object and which is the lie? Come to this campfire to find out.

54874 Sa 5/21 8:30-9:30 PM \$5/\$6

Croydon Creek Ntr. Ctr.



Family Geocaching



Learn the history of geocaching and the basics needed to use our GPS units and then head out on our geocaching trail with your family to test your skills. This program will be partially self-guided. All participants must register, including adults.

Age: 6+

54878 Su 4/10 1:30-3 PM \$6/\$8
 Croydon Creek Ntr. Ctr.

Like us on Facebook



City of Rockville Farmers Market
 Croydon Creek Nature Center
 Fitzgerald Theatre Rockville
 Rockville Seniors
 City of Rockville Sports Leagues



Nature Tots (Adult/Child)



Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required. Spaces are limited.

Welcome Spring - Age: 2-5

53943 Th 3/24 10-11:30 AM \$8/\$10

Eggs - Age: 2-5

54867 Th 4/14 10-11:30 AM \$8/\$10

Salamanders - Age: 2-5

54868 Sa 4/23 10-11:30 AM \$8/\$10

Snakes - Age: 2-5

54869 Sa 5/14 10-11:30 AM \$8/\$10

Ladybugs - Age: 2-5

54870 Th 5/19 10-11:30 AM \$8/\$10

Saturday Story and Hike (Adult/Child)



Stop by the Nature Center for storytime and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required.

Age: 2-5

54863 Sa 4/9 10-11 AM \$4/\$6

54864 Sa 5/21 10-11 AM \$4/\$6

Croydon Creek Ntr. Ctr.

Star Party

Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register. This program is dependent on good weather and clear skies.

Age: 5+

54877 Sa 5/7 8-9 PM \$7/\$9

Croydon Creek Ntr. Ctr.

Nature Center Camps 2016

Week-long camps start June 20 and run until August 24.

Full and half day options are available

Spend your summer at the Nature Center!

Hike in the forest, hunt bugs in the meadow and wade in the creek!



View the Camp Guide online at
www.rockvillemd.gov/camps



5-7 year olds

Art of Nature

Guppy Nature Camp

5-8 year olds

New! Nature Play Camp

7-10 year olds

New! EcolInvestigators

9-12 year olds

New! Nature Play Camp

10-14 year olds

New! Farm to Table
Nature Service Learning



Saturday, April 9, 1-2:30 p.m.

Twinbrook Community Rec. Center
12920 Twinbrook Parkway, Rockville

Learn about RainScapes Rewards and other City programs. Green your back yard and reduce pollution.

Topics include rain barrels, conservation landscaping, tree planting and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

Open on a first-come, first-served basis; registration required. To register, call the RainScapes Coordinator at 240-314-8877 or email rainscapes@rockvillemd.gov with your name and address. Free



Saturday, May 21 • 9 a.m. - 5 p.m.

The National Parks Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate

KIDS TO PARKS DAY

Spend time outdoors. Enjoy the Hayes Forest Preserve.

240-314-8770

13TH ANNUAL

Spring Festival and Native Plant Sale

Saturday, April 30
10 a.m. - 2 p.m.

Bring the entire family and enjoy the wonders of nature in an urban setting

- Woodland Hikes
- Spring Native Plant Sale
- Nature Games and Crafts
- Live Animal Show
- Face Painting
- Sustainability Exhibits

FREE EVENT

No registration required



852 Avery Road,
Rockville, MD 20851
240-314-8770

www.rockvillemd.gov/croydoncreek

CLEAN-UP EVENTS

Hayes Forest Preserve

Trash Free Potomac Creek Clean-up

Saturday, April 16, 9 a.m. – Noon

INVASIVE SPECIES PULL

Sunday, April 17, 1:30-4:30 p.m.



- Time working at events is eligible for Student Service Learning hours.
- Students 14 years and younger must be accompanied by an adult.
- Gloves and bags provided.

No registration required

240-314-8770

Spring Happenings

Breakfast with the Bunny!

Thomas Farm Community Center

Saturday, March 19, 10:30 a.m.-12:30 p.m.

Enjoy a visit from the Bunny and activities including D's Magic Show, spring crafts, egg hunt and games.

\$5 per person at door for entertainment and egg hunt. Pre-registration required for breakfast; \$12R/\$14NR includes all activities. Course #54102.

Spring Fling Family Dance

Twinbrook Community Recreation Center

Friday, April 8, 7-9 p.m.

Come enjoy a night of dancing with your friends and family. \$3 per person at the door.

Community Spring Yard Sale and Bazaar

Richard Montgomery HS – Parking Lot

Saturday, April 16, 8 a.m. – Noon

Check out the bargains or sign up as a vendor to sell your treasures. Payment holds one parking spot and one 6-by-3 foot table. Set-up is 7-8 a.m. \$30 for City provided table Course #55089. \$30 for additional table Course #55090. \$20 to bring your own table course #55109. Only one table permitted per spot. Rain date: April 17. Vendors must pre-register with payment.

Superhero Party

Thomas Farm Community Center

Saturday, April 23, 2-4 p.m. Age: 2+

Superheroes can spend a fun afternoon with their adult family member or friend dressed as their favorite heroic character and demonstrate their extraordinary talents. The afternoon will include superhero games, picture taking with real superheroes, refreshments, and more. Pre-registration fees \$12R/\$14NR per person. Course #54110.

Spring Festival and Native Plant Sale

Croydon Creek Nature Center

Saturday, April 30, 10 a.m.-2 p.m.

Enjoy woodland hikes, a native plant sale, sustainability exhibits and live animal shows from The Save Lucy Campaign. Free event. Dawson's Market will provide food for purchase.

Spring Craft Bazaar

Rockville Senior Center

Saturday, May 7, 9 a.m.-2 p.m.

Enjoy light refreshments as you shop for baked goods, household items, arts and crafts as well as plants and used computers. The Gift Shop and Thrift Shop will also be open. This event is held indoors. Call 240-314-8800 for more information.

Twinbrook Community Day Open House

Twinbrook Community Center

Saturday, May 14, 1-3 p.m.

Come out and Connect, Create and Celebrate with your neighbors! Fun activities for all ages, class demonstrations, children's crafts, games and more. Free event.

Royal Tea Party

Thomas Farm Community Center

Saturday, May 14, 2 p.m. – 4 p.m. Age: 2+

Princesses and their royal families are invited to celebrate Mother's Day at our annual royal tea party event. Dress in your fanciest princess attire. Royal games, crafts, a formal tea, entertainment and other royal activities will fill the afternoon. Children must come to the party with any adult family member or friend. Pre-registration fees \$12R/\$14NR per person. Course #54118.

Outdoor Family Movie Night

Twinbrook Community Recreation Center

Friday, June 3, 8-9:30 p.m.

Enjoy a night of family fun watching a movie on the big screen. Held inside in case of inclement weather. Refreshments sold by Twinbrook Elementary School PTA. Free event.

Arts, Dance and Enrichment

Ballet Teen & Adult

Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes. Participants may register for the Annual Student Ballet Performance activity #54779.

Advanced Young Teen & Pointe - Age: 12+

54449 Tu 4/5-5/31 5:15-6:30 PM \$102/\$110

Advanced Young Teen & Pointe - Age: 12+

54450 Th 4/7-6/2 5:15-6:30 PM \$102/\$110

Advanced - Age: 13+

54447 M 4/4-5/23 5:45-7:15 PM \$90/\$99

Advanced Ballet - Age: 13+

54448 W 4/6-6/1 5:45-7:15 PM \$102/\$110
Rockcrest Ballet Ctr./Simpson

New! Improv Workshop

Step into the world of improvisational comedy! This style of comedy, made popular by 'Whose Line Is It Anyway,' creates laughter through game play. Hone your public speaking skills, sharpen your split second decision making, and become the center of attention at parties (maybe not that last one, but we can only hope)! This class is for everyone from those that have never played an improv game to the most seasoned player. Join us for an afternoon filled with laughter and play!

Age: 14-18

54926 Sa 4/16 10:30 AM-12:30 PM \$29/\$35

New! Improv Class

Dive into comedy and storytelling. Explore everything from short form games, large group games, and long form story telling improvisation. You will not only grow as a comedian, but as a public speaker and team member. Say yes and jump into this playful art form.

Age: 14-18

54850 Sa 5/7-5/21 10:30 AM-12:30 PM \$59/\$65
Pump House Community Center/Bartlebaugh

Kids Laser Tag Party

Laser Tag is hitting the scene at TFCC! All equipment is provided. Register as individual players or teams of 2-10 players. If playing in a team all players must register under the same team name. Refreshments will be sold. Space is limited to 60 participants. Beginning at 6:30 p.m., fee at the door is \$15 residents; \$17 nonresidents.

Grade: 3-6

54908 F 4/15 7-10 PM \$10/\$12
Thomas Farm CC

New! Play Writing

Have you ever seen a play and wondered what the person who wrote it was thinking? This class is your chance to step into their shoes. Explore story structure, stretch your imagination to new heights and write a brand new 10 minute play. If you have a story to tell, this is the class for you!

Age: 14-18

54851 Sa 5/7-5/21 1-3 PM \$59/\$65
Pump House Community Center/Bartlebaugh

Thomas Farm Spring Volunteers

Earn Student Service Learning hours by helping with Thomas Farm Community Center's Royal Tea event on Saturday May 14. The event is from 2-4 p.m. but work hours are from 1:30-4:30 p.m. Participants must meet on April 8 from 6-6:45 p.m. to learn more about the volunteer opportunities during the month of April & May. Students will earn a minimum of four SSL hrs. More hours are possible depending on how much students are able to volunteer. Contact 240-314-8840 for more information.

Grade: 6-12

54953 F 4/8 6-6:45 PM \$5/\$7
Thomas Farm CC

10th Annual Rockville Ride of Silence Town Center Plaza Wednesday, May 18, 7 p.m.

Meet in front of the Rockville library with your bike and helmet for a 10-mile police-escorted ride through Rockville neighborhoods to honor those who have been killed or injured on a bicycle. Participants must be comfortable riding on streets with traffic and ride approximately 10 miles in one hour. Free; no registration needed.

www.rideofsilence.org
for additional information

Before and After School Enrichment

Totally Teens

An afterschool program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on early release days. It is not held on holidays or when MCPS is closed.

With Snack - Grade: 6-10

54107 M-F 4/4-6/17 3-5 PM \$299/\$315

Without Snack - Grade: 6-10

54108 M-F 4/4-6/17 3-6:30 PM \$229/\$245

Thomas Farm CC

Twinbrook Teen Scene

Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants will have daily opportunities to engage in study time and a wide range of recreational activities of their choosing with guidance and supervision by the staff members. Transportation is available from Julius West and Wood M.S., Twinbrook and Meadow Hall E.S. Program does not meet on MCPS non-school or early release days.

Grade: 5-8

54245 M-F 4/4-5/13 3-6:30 PM \$145/\$165

54246 M-F 5/16-6/16 3-6:30 PM \$145/\$165

Twinbrook CRC

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

54832 Sa 4/23-6/11 11:15 AM-12:15 PM \$70/\$81

54833 M 4/18-6/6 7-8 PM \$70/\$81

Rockville Swim and Fitness Center/Gordon

Yoga for Teens

All 12-16 year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques as well as meditation. This fun class for teens will help reduce stress, and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16

54962 Su 4/24-6/12 10:15-11:15 AM \$89/\$105

Rockville Swim and Fitness Center/Stonesifer

WE WANT YOU!

Are you great with children?

Are you enthusiastic and energetic?

Are you creative?

Apply Now for Summer 2016
Camps and Playgrounds

Most programs run for 7 weeks, approximately 35 hours per week

- Plan and teach sports and games • Outdoor activities • Arts and crafts • Special events
- Swimming • Theme weeks and more!

For job openings and application information, visit www.rockvillemd.gov/careers

Applications may also be completed at Rockville City Hall, Human Resources,

111 Maryland Ave., Rockville, MD 20850. EOE

Teens on the GO

exciting
NEW
excursions
in 2016!

Teens on the GO is a summer program for youth in grades 6-12, held **Monday - Friday from 10 a.m. - 6 p.m.** (hours may be extended depending on the trip destination) between **June 27-Aug. 12**. Teens will be picked up and dropped off daily at **Thomas Farm Community Center, 700 Falls Grove Drive, Rockville**.

This summer participants will be on the go. **Monday will be Swim Day and Tuesday through Friday will be out and about on fun, safe and adventurous trips.** One week prior to each trip, an itinerary with specific information will be e-mailed to each participant. If you don't receive one, call 240-314-8638.

Cost: \$275/\$295. Cost includes entrance fees, MCPS or charter bus transportation and supervision. Trips/schedules are subject to change.

June 27- July 1

55030	Swimming 12-5 p.m.	Pottery & Laser Tag 10 a.m.-5 p.m.	Splash Down 11 a.m.-5 p.m.	Billy Goat Trail 11 a.m.-5 p.m.	Six Flags 9 a.m.-7 p.m.
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July 4-8

55035	No Camp 4th of July	Swimming 12-5 p.m.	Ropes Course 10 a.m.- 5 p.m.	Sky Zone/Movie 10 a.m.- 5 p.m.	Kings Dominion 9 a.m.-8 p.m.
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July 11-15

55041	Swimming 12-5 p.m.	Bazooka Ball 10 a.m.- 5 p.m.	Mystics 10 a.m.- 3 p.m.	Medieval Times 10 a.m.- 5 p.m.	Rafting 8 a.m.-4 p.m.
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July 18-22

55047	Swimming 12-5 p.m.	Great Escape Room/Field Day 10 a.m.-5 p.m.	Mini Golf/Bowling 10 a.m.- 5 p.m.	Nationals Game 10 a.m.- 5 p.m.	Hershey Park 8 a.m.-8 p.m.
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July 25-29

55053	Swimming 12-5 p.m.	Dave & Buster's/Movie 10 a.m.- 5 p.m.	Pottery & Laser Tag 10 a.m.- 5 p.m.	Ravens Tour/Swim 10 a.m.- 5 p.m.	Six Flags 9 a.m.-7 p.m.
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August 1-5

55059	Swimming 12-5 p.m.	Sky Zone/Movie 10 a.m.- 5 p.m.	Billy Goat Trail 11am- 5pm	Splash Down 11 a.m.- 5 p.m.	Kings Dominion 9 a.m.-8 p.m.
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August 8-12

55065	Swimming 12-5 p.m.	Bazooka Ball 10am-5pm	Rope Course 10 a.m.- 5 p.m.	Mini Golf/Bowling 10 a.m.- 5 p.m.	Rehoboth Beach 8 a.m.-8 p.m.
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Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes.

Advanced Ballet - Age: 13+

54438 Tu 4/5-5/31 6:30-7:45 PM \$102/\$110

Advanced Ballet - Age: 13+

54436 Th 4/7-6/2 6:30-7:45 PM \$102/\$110
Rockcrest Ballet Ctr./Chongpinitchai

Beginner-Intermediate - Age: 13+

54905 W 4/6-5/25 11:15 AM-12:15 PM \$85/\$93
Rockcrest Ballet Ctr./Langdon

Beginner-Intermediate - Age: 13+

54437 Th 4/7-6/2 7:45-9 PM \$102/\$110
Rockcrest Ballet Ctr./Simpson

Beginner-Intermediate - Age: 13+

54439 Sa 4/9-5/28 9-10 AM \$85/\$93
Rockcrest Ballet Ctr./Chongpinitchai

New! Haitian Kompa - Dansez!

Try this fun partner dance with lots of hip movement and elegant turns to a caribbean rhythm. Kizomba is known as the new 'Salsa' in the US. No partner needed.

Age: 16+

55092 Tu 4/5 6:30-7:25 PM Free Demo
55093 Tu 4/12-5/17 6:30-7:25 PM \$62/\$69
Twinbrook CRC/Philippe

Broadway Moves

Dance like a Broadway Star! This fun and energetic exercise class focuses on being the 'One Singular Sensation' that is YOU. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels.

Age: 16+

54453 Th 4/7-6/9 7:30-8:30 PM \$109/\$119
54454 Tu 4/5-6/7 9:30-10:30 AM \$109/\$119
Thomas Farm CC/Devine

Community Spring Yard Sale & Bazaar

It's that time of year again! Spring has sprung! Clean out those closets and find some treasures to sell at our annual Spring Yard Sale. Vendors must pre-register with payment to secure a space. Payment holds one parking spot and one 6' X 3' table. Set-up time is 7-8 a.m. Held at Richard Montgomery H.S. Raindate: April 17. Only one table permitted per spot when providing your own table. Table cannot exceed 6'x3ft.

Age: All Ages

55089 Sa 4/16 8 AM-12 PM
City provided table \$30

55090 Sa 4/16 8 AM-12 PM
City provided additional table \$30

55109 Vendor provides own table \$20

Richard Montgomery HS

Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper.

Age: 13+

54459 M 4/18-5/23 5-6 PM \$89/\$99

54460 M 4/18-5/23 7-8 PM \$89/\$99

The School of Music/The School of Music Staff

Let's Cook!

Join Chef J. Lynda Moulton, a graduate of L'Academie de Cuisine, for an evening of culinary delights!

Beginners and experienced cooks with a passion for food who are eager to learn from a classically trained chef are welcome. Learn culinary techniques through interactive, hands-on workshops.

Pretzel Crusted Pork Chop w/ Mustard Orange Cream Sauce

What is not to love about this exceptional, knock-out of a dish? Adapted from the signature creation of a notable chef in Colorado ski country, this outstanding meal packs his restaurant every night. Come and learn the mouth watering secrets. Note: \$15 supply fee payable to instructor at workshop. Age: 18+

53850 Th 3/17 6:30-9 PM \$35/\$41
Rockville Sr. Ctr.



Tap Dance

In this introduction to a Broadway-style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions.

Beginner & Continuing - Age: 16+

54484 W 4/6-6/8 7:30-8:25 PM \$90/\$99

Intermediate - Age: 16+

54485 W 4/6-6/8 8:30-9:25 PM \$90/\$99
Twinbrook CRC/DeLuca

Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared for beginning and intermediate students. Breads and cheeses will be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. They will present representative wines from the most significant areas of this country and the world for tasting and comment. Participants must supply photo ID upon request.

Wines of Washington - Age: 21+

This workshop will cover wines from one of the largest producing states in the U.S. We will travel from Seattle to Walla Walla, sampling wines along the way!

54842 Th 4/14 7:30-9:30 PM \$35/\$39

Wines of South Africa - Age: 21+

We will highlight the major regions and wines of this up-and-coming wine producing country.

54843 Th 5/12 7:30-9:30 PM \$35/\$39
Glenview Mansion/Cecil



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

54671 M 4/4-6/6 6:15-7:15 PM \$68/\$78
Thomas Farm CC/Webb

Age: 16+

54673 Sa 4/9-6/11 8:20-9:20 AM \$68/\$78
Rockville Sr. Ctr./Fleishman

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

54795 M 4/18-6/6 8:05-8:35 PM \$35/\$42
54796 M 4/18-6/6 12:45-1:15 PM \$35/\$42
54797 W 4/20-6/8 12:45-1:15 PM \$40/\$48
54798 W 4/20-6/8 8:05-8:35 PM \$40/\$48
54799 F 4/22-6/10 12:45-1:15 PM \$40/\$48
Rockville Swim and Fitness Center/Ocampo, Groman, Gordan

Bodyweight Cardio-Strength

Challenge yourself with this demanding workout. The class will start with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full body stretch. The focus will be on maintaining great form throughout all of the movements.

Age: 16+

54800 Tu 4/19-6/7 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Ocampo

Bootcamp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

54801	M	4/18-6/6	5:45-6:45 PM	\$56/\$65
54802	W	4/20-6/8	5:45-6:45 PM	\$64/\$75

Rockville Swim and Fitness Center/Resendiz

Bootcamp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

54803	M	4/18-6/6	7-8 PM	\$56/\$65
54804	Th	4/21-6/9	6-7 PM	\$64/\$75
54805	M	4/18-6/6	6:30-7:30 AM	\$56/\$65
54806	W	4/20-6/8	6:30-7:30 AM	\$64/\$75
54807	F	4/22-6/10	6:30-7:30 AM	\$64/\$75

Rockville Swim and Fitness Center/Ocampo, Resendiz, Gordon

Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40's music. All fitness levels welcome.

Age: 16+

54895	M	4/18-6/6	12-12:45 PM	\$56/\$65
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Rockville Swim and Fitness Center/Jackson

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

54808	Th	4/21-6/9	7-8 PM	\$64/\$75
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Rockville Swim and Fitness Center/Resendiz

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 15+

54677	Tu	4/5-6/7	5:30-6:15 PM	\$75/\$86
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Thomas Farm CC/Webb

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. There are six different stations featuring exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights will be used.

Age: 16+

54809	Tu	4/19-6/7	11-11:45 AM	\$64/\$75
54810	Th	4/21-6/9	11-11:45 AM	\$64/\$75

Rockville Swim and Fitness Center/Ocampo

Complete Core and Stretch

Try this dynamic class which focuses on body alignment, core strengthening and intense stretching to gain flexibility and stability. Taught by a dancer, this class will help improve your posture. Finish the class feeling taller, stronger and more energetic.

Age: 18+

54880	Tu	4/5-5/24	10:45-11:45 AM	\$75/\$85
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Thomas Farm CC/Devine

Core and Sculpt

Pump up your metabolism and target all your muscle groups. Focus on strength training while incorporating segments of cardio and a variety of exercises for the whole body. All fitness levels are welcome as modifications are provided to increase or decrease intensity levels. Bring a mat and weights to class.

Age: 16+

54966	Th	4/7-6/2	6:15-7:15 PM	\$68/\$78
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Thomas Farm CC/Flaisher

Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. Fee includes equipment and uniform for first time students.

Age: 13+

54696	M & W	4/18-5/18	6:10-6:55 PM	\$99/\$119
54697	Tu & Th	4/19-5/19	7:20-8:05 PM	\$99/\$119

Kicks Karate/Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

54811	Th	4/21-6/9	12-12:45 PM	\$64/\$75
54812	Su	4/24-6/12	9:45-10:30 AM	\$56/\$65

Rockville Swim and Fitness Center/Ocampo

In Motion (Seniors)

Stay active and healthy! Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group.

Age: 16+

54813	Tu	4/19-6/7	12:45-1:15 PM	\$40/\$48
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Rockville Swim and Fitness Center/Ocampo

Indoor Cycle Training

Don't let the short daylight hours or bad weather force you to give up cycling this winter. Grab your indoor trainer and join us for an intense workout. Concentrate on time trialing, climbing, sprinting, spinning and proper cycling technique with a certified USA triathlon and USA cycling coach. Bike and stationary trainer or rollers required.

All Ages

54814	Sa	4/23-6/11	6:30-8 AM	\$129/\$149
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Rockville Swim and Fitness Center/Nelson

Interval Training and Stretch

Power through interval training circuits consisting of three minutes of strength, two minutes of cardio and one minute of core work to sculpt your body, burn fat and blast calories! Class ends with a power yoga routine leaving your body feeling stretched and relaxed! Bring a mat and weights.

Age: 16+

54704	Th	4/7-6/9	5:30-6:15 PM	\$68/\$78
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Rockville Sr. Ctr./Fleishman

Low (by Jazzercise)

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation.

Age: 16 +

55114	M	4/11-6/6	6:45-7:45 pm	\$62/\$72
55115	W	4/13-6/8	6:45-7:45 pm	\$70/\$80

College Gardens ES/Proctor

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

54815	Th	4/21-6/9	12:45-1:15 PM	\$40/\$48
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Rockville Swim and Fitness Center/Ocampo

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+

54473	Tu	4/12-6/7	7:30-8:25 PM	\$109/\$119
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Rockville Swim and Fitness Center/Poole

Pilates -Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

54474	Tu	4/12-6/7	6:30-7:25 PM	\$109/\$119
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Rockville Swim and Fitness Center/Poole

Pilates -Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance and incorporates stability, strength and awareness of the core.

Age: 13+

54816	Th	4/21-6/9	9:15-10:15 AM	\$88/\$104
54817	Su	4/24-6/12	9:15-10:15 AM	\$77/\$91

Rockville Swim and Fitness Center/Resendiz, Stonesifer

Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class will focus on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

All Ages

54818 Sa 4/23-6/11 8-9 AM \$56/\$65
Rockville Swim and Fitness Center/Ocampo

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights.

Age: 15+

54716 M 4/4-6/13 9:30-10:30 AM \$68/\$78

54718 W 4/6-6/15 9:30-10:30 AM \$68/\$78

Thomas Farm CC/Devine

54967 Tu 4/5-6/7 6:20-7:15 PM \$75/\$86

Thomas Farm CC/Lu

54717 Th 4/7-6/9 6:30-7:15 PM \$75/\$86

Rockville Sr. Ctr./Webb

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

All Ages

54819 Su 4/24-6/12 11:20-11:50 AM \$35/\$42

Rockville Swim and Fitness Center/Stonesifer

Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment! This class will cover basic kicks, blocks, strikes and self-defense techniques and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified 4th degree Black Belt.

Age: 15+

54820 Su 4/24-6/12 3:30-4:30 PM \$70/\$81

Rockville Swim and Fitness Center/Fumagalli

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

54732 Tu 4/12-5/31 7-8 PM \$61/\$69
Elwood Smith RC/Lamb

The MELT Method®

The MELT Method® is a simple self-treatment technique that eliminates chronic pain, improves flexibility, posture, and decreases the accumulated stress caused by the repetitive postures and movements of everyday living. If you have a medical condition please contact the instructor ahead of time to determine if the class is appropriate for you, amy.liss.nia@gmail.com. Bring a water bottle and yoga mat. All equipment will be provided (soft roller and small balls) and will be available for purchase from the instructor.

Age: 16+

54486 Tu 4/19-5/24 7:30-8:30 PM \$89/\$95

Rockville Sr. Ctr./Liss

Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights.

Age: 16+

54765 W 4/6-6/8 6:20-7:15 PM \$82/\$92

Thomas Farm CC/Fleishman

New! Total Body Fit Bootcamp

Enjoy a great class as you build strength, burn fat and tone muscles. You'll love the results as you get into shape during this total body workout. Bring a mat and weights.

Age: 16+

55102 Mon 4/11 7-8 pm Free Demo

55103 Mon 4/18-6/6 7-8 pm \$53/\$63

Twinbrook CRC/Beale

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Twitter and Instagram
@rockvillerec

Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+

54487 Tu 4/5-5/24 4:30-5:45 PM \$89/\$99
Thrive Yoga/Alter

Yoga - Beginner and Continuing

Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks.

Age: 16+

54488 Th 4/7-5/26 6:30-7:30 PM \$85/\$95
Twinbrook CRC/England

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+

54822 Tu 4/19-6/7 9:15-10:15 AM \$102/\$120
54823 F 4/22-6/10 9:15-10:15 AM \$102/\$120
Rockville Swim and Fitness Center/Mustafa

Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+

54824 W 4/20-6/8 9:15-10 AM \$98/\$113
54825 Sa 4/23-6/11 9:15-10 AM \$86/\$99
Rockville Swim and Fitness Center/Groman, Stokes

Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+

54489 Th 4/7-6/9 7:30-8:45 PM \$121/\$131
Rockville Sr. Ctr./Dodson

Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+

54490 M 4/4-6/6 7:30-8:45 PM \$110/\$120
Thomas Farm CC/Neves

Yoga - Hot Vinyasa for Rookies

A slower paced hot vinyasa class to give you time to position your bod, connect to your breath and adjust to practice in a heated room. The room is heated to 85 degrees and helps open and stretch the tightest muscles. You learn to steady the mind and experience being more comfortable in the conscious through connecting breath and movement. Experience the benefits of breathing easier, deeper, and longer and reduce the feeling of agitation and stress.

Age: 18+

54491 Su 4/10-5/29 8-8:55 AM \$89/\$99
Thrive Yoga/Thrive Yoga Staff

New! Yoga - iRest

Integrative Restoration, iRest, is an adaptation of Yoga Nidra, a form of self-inquiry from the teachings of yoga. Practice iRest to: induce deep relaxation throughout the body and mind, eliminate stress, overcome insomnia, resolve trauma, overcome anxiety, fear, anger and depression, as well as to enter deep meditation in order to unravel the mystery of life and answer questions such as, 'who am I' and 'what is enlightenment'. iRest, is practiced in a supported supine position and through guided meditation. As you welcome everything that is present in the body and mind, our emotions and thoughts begin to grow calmer and we connect to the aspect of ourselves that is always peaceful and at ease

Age: 16+

54791 Su 4/10-5/22 5:30-6:30 PM \$70/\$79
Thrive Yoga/Thrive Yoga Staff

WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Yoga - In Our Parks

Let the sun shine on your salutations. Join us outside for these beginner yoga classes. Studies have shown yoga helps to lower blood pressure, increase flexibility and relax your mind. All ages welcome. Bring a mat and water bottle. Call weather rec. line to check the class status at 240-314-5023.

All Ages
54854 Sa 5/7 9-10 AM Free
Potomac Woods Pk. /Thrive Yoga Staff

All Ages
54853 Sa 5/21 9-10 AM Free
Calvin Pk./England

Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asanas) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat and two blocks.

Age: 16+
54492 W 4/6-6/8 7:30-8:25 PM \$121/\$131
Thomas Farm CC/England

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+
54826 M 4/18-6/6 9:15-10:15 AM \$89/\$105
54827 W 4/20-6/8 7-8 PM \$102/\$120
Rockville Swim and Fitness Center/Groman, Stokes

Zumba Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Class is taught by licensed Zumba instructors.

Age: 16+
54493 Tu 4/5-5/31 7:30-8:25 PM \$92/\$99
54494 F 4/15-5/20 5:30-6:30 PM \$59/\$69
Thomas Farm CC/Graves/Ford

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+
54828 Th 4/21-6/9 7-7:45 PM \$64/\$75
54829 W 4/20-6/8 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Manzano, Medovoy

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+
54830 F 4/22-6/10 12-12:45 PM \$64/\$75
54831 Sa 4/23-6/11 11:15 AM-12 PM \$56/\$65
Rockville Swim and Fitness Center/Manzano, Bear

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+
54687 Tu 4/12-6/7 7-8:20 PM \$128/\$140
54688 Sa 4/16-6/18 2-3:20 PM \$128/\$140
54689 Su 4/17-6/19 11:25 AM-12:45 PM \$128/\$140
Rockville Fencing Academy/Staff

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City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



Worried about the weather?
Call the Rec Line at 240-314-5023.
Select #1 for class status.

Tennis - Play 10S Fast

Enjoy this unique tennis class designed to teach new players, or those returning to the game, quickly through the use of low compression balls. Meet new people of similar abilities and enjoy a fun, fitness workout. By the end of the class, players will learn to rally, serve and keep score. Bring a water bottle and racquet.

Age: 16+
54738 M 4/18-5/23 6:30-7:20 PM \$69/\$79
King Farm Park/Gough

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racquet.

Beginner (1.0-1.5 NTRP Level) - Age: 16+
54758 Sa 4/16-5/21 3-3:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Beg/Nov Combo (2.0-3.0) NTRP Level) - Age: 16+
54751 W 4/13-5/18 6-6:50 PM \$69/\$79
Mattie Stepanek Park/Asaka

Beg/Nov Combo (2.0-3.0) NTRP Level) - Age: 16+
54754 M 4/18-5/23 6-6:50 PM \$69/\$79
Twinbrook CRC/Asaka

Novice (2.0-2.5 NTRP Level) - Age: 16+
54753 Tu 4/12-5/17 6-6:50 PM \$69/\$79
Dogwood Pk./M. Yargici

Novice (2.0-2.5 NTRP Level) - Age: 16+
54752 Sa 4/16-5/21 4-4:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Intermediate (3.0-3.5 NTRP Level) - Age: 16+
54755 Tu 4/12-5/17 7-7:50 PM \$69/\$79
Dogwood Pk./M. Yargici

Intermediate (3.0-3.5 NTRP Level) - Age: 16+
54757 W 4/13-5/18 7-8:15 PM \$86/\$98
Mattie Stepanek Park/Asaka

Intermediate (3.0-3.5 NTRP Level) - Age: 16+
54756 M 4/18-5/23 7-8:15 PM \$86/\$98
Twinbrook CRC/Asaka

Coming to your community this fall!

Youth Fall Sports Leagues:

- Co-Rec Soccer - Pre-K through 8th grade
- Co-Rec Cross Country - 1st through 8th grade
- 10U and 12U Tennis Tournaments

Adult Fall Sports Leagues:

- Men's Softball
- Men's Basketball
- Co-Rec Reverse Softball
- Co-Rec Volleyball
- Women's Volleyball
- Co-Rec Soccer 7's
- 41st Annual Rockville 10K/5K race

The Sports Division fall sports leagues details will be available in our summer guide on May 2 and online at: www.rockillemd.gov/recreation/sports

SPRING ADULT TEAM LEAGUES

Men's Softball Co-Rec Volleyball
Men's Basketball Co-Rec Softball
Co-Rec Soccer 7's

League play begins:

April 8 - Co-Rec Softball (Reverse)

April 9 - Co-Rec Softball (Regular)

April 11 - Men's Softball

April 11 - Men's Basketball

April 14 - Co-Rec Volleyball

April 14 - Co-Rec Soccer 7's

www.rockvillemd.gov/recreation/sports
240-314-8620

Private Tennis Lessons

Bring your game up a notch through a series of individual lessons. For scheduling, call 240-314-8633 or email recreationclasses@rockvillemd.gov

Officials needed! Youth and Adult Sports Leagues

Weekday Evenings and Weekend Games for the following leagues:

- Youth Soccer
- Youth Baseball
- Adult Softball
- Adult Basketball

Training in
February/
March



Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach on of our youth sports leagues this spring:

- Youth Soccer
- T-ball or Coach Pitch
- Track and Field

For more information call 240-314-8620 or email sports@rockvillemd.gov

Rockville Farmers Market



Fruit • Vegetables • Meat • Flowers
Cheese • Bread • Baked Goods

Saturdays

May 14 - Nov. 19 • 9 a.m. - 1 p.m.

corner of Route 28 and Monroe Street
WIC and EBT/SNAP accepted

[www.Facebook.com/
RockvilleFarmersMarket](https://www.facebook.com/RockvilleFarmersMarket)



www.rockvillemd.gov/farmers • 240-314-8620

Hit the Road Jack! and Go Cycling

Rockville Bicycle Advisory Committee

www.rockvillemd.gov/rbac

rockvillebikerides@gmail.com

www.meetup.com/bikerockville



Bike Month Kick-off Ride

Sunday, May 1 • 10 a.m.

Meet at City Hall



Tour de Cookie

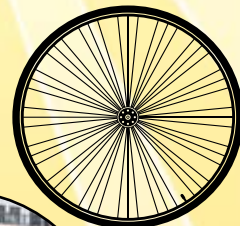
Saturday, May 7 • 9 a.m.

www.tourdecookie.com

10th Annual Rockville Ride of Silence

Wednesday, May 18 • 7 p.m.

www.rideofsilence.com



National Bike to Work Day

Friday, May 20 • 6 a.m. - 9 a.m.

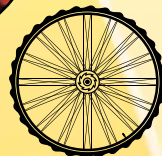
www.biketoworkmetrodc.org



RBAC at the Farmers Market with bike

Saturdays, May 21 to July 30 • 10 a.m.-noon

www.rockvillemd.gov/farmers



RBAC marching in Memorial Day Parade

Monday, May 30 • 9 a.m. - 1 p.m.

More details on how to join us at

www.facebook.com/bikerockville



Tuesday Evening Rides

June 7 to August 30 • 6:30 p.m.

www.facebook.com/bikerockville



Carl Henn Millennium Trail Ride

Sunday, June 12 • 10 a.m.

Meet at Rockville Senior Center

Save the Date for Upcoming Special Events

For more information visit www.Rockvillemd.gov/events



Rockville's Farmers Market

Saturdays, May 14-Nov. 19
Corner of Rt. 28 and Monroe St.



Hometown Holidays Music Festival

Saturday, May 28-Monday, May 30
Rockville Town Center



Independence Day Celebration

Monday, July 4 (Rain Date: Tuesday, July 5)
Mattie J.T. Stepanek Park



Movies in the Parks

Wednesday, Aug. 3-24
Locations TBD



Rockville Antique and Classic Car Show

Saturday, Oct. 15 (Rain Date: Oct. 22)
Grounds of the Glenview Mansion



Twinbrook Community Day

Open House

*Connect, Create, Celebrate
with your neighbors!*

Saturday, May 14

1 p.m.-3 p.m.

All Ages

Kids activities, class demos and more

Rockville Sister City Corporation



**Get active in your community
by becoming a member.**

Check out our website at
www.rockvillesistercities.org for more
information and upcoming events.

Or email us at
RockvilleSisterCities@gmail.com

ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Tuesday, March 8**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins March 17 for all other City programs.

(R) - Resident registration begins **Thursday, March 10** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Thursday, March 10** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER Hours

Monday-Friday, 8:30 a.m.–5 p.m.
Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse



Fitness Club Membership Fees

\$85/year (Must be a Senior Center member)

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

ROCKVILLE SENIORS, INC. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteers opportunities are available to support RSI's fundraising activities. For more information visit the Rockville Senior Center's website, www.rockvillemd.gov/rsi

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

Arts and Enrichment

AAA CarFit

CarFit is a program designed to be a quick, comprehensive check of how well you and your vehicle work together. A trained professional will help you complete a 12-point checklist. You must register and will be given an appointment for you and your car! Call 240-314-8803.

54936 Tu 4/19 9:30 AM-2:30 PM Free/\$2
Parking Lot

New! AARP Driver Safety

Conducted by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road and driving tips. Check with your insurance company as many course graduates receive an auto insurance discount. Note: \$15 class fee for AARP members; \$20 for non-AARP members. Payment due at class only by check or money order to AARP. Course time includes a lunch break, bring your own. Registration required by 4/26.

54790 Tu 5/3 10 AM-3 PM Free/\$10
Azalea Room

New! Art Appreciation

Join us for this series with Stephen May, an independent historian and writer who lectures about art, culture and historic preservation.

Magnificent Obsession:

The Art of John James Audubon

Audubon's reputation as the premier bird artist of the 19th century is established, but less well known is his life story, from the illegitimate son of a French sea captain, to the determined explorer of the American wilderness in search of every bird in North America. His amazing accomplishments enlightened the citizens of this young republic about the great resources in their new land.

54425 W 4/20 10:15-11:45 AM \$6/\$8/\$11

America's Storyteller:

The Art of Norman Rockwell

Through his many illustrations and 323 covers of the Saturday Evening Post, Norman Rockwell entertained generations of Americans by shining a poignant, sometimes humorous, and sometimes critical light on our society in the mid-20th century. This lecture will explore the life and work of this skilful artist and beloved storyteller.

54426 W 5/18 10:15-11:45 AM \$6/\$8/\$11
Azalea Room

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party based on availability.

April Party

Sponsored by: Willing 3 C's Club, Judy Pretka, Oscar Sejas
Entertainment by: Spring Fling with Andrea Hancock
54324 W 4/6 1:30-3 PM Free/\$6

May Party

Sponsored by: Collingswood Nursing and Rehabilitation Center, Potomac Valley Nursing and Wellness Center and John Salerno
Entertainment by: The Goldenaires Band
54325 W 5/4 1:30-3 PM Free/\$6

June Party

Sponsored by: PBJ4 Best Care, Inc.
Entertainment by: The Carnation Players
54326 W 6/1 1:30-3 PM Free/\$6
Carnation Room



Rockville Senior Center

Art Reception

Thursday, April 28
6-8 p.m.

Senior Center Lounge

*Featuring the work of Val Fry's
Senior Watercolor Classes*

240-314-8820

Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

54497 Th 4/28 & 5/26 10-11 AM Free/\$6
Board Room/Beck

New! Calm, Cool and Color

Adult coloring books are one of the top trends in the nation. As our lives have become busier, take time to relax with color therapy. Bring your coloring books and colored pencils and enjoy a fun and stress free time of creative expression. Our center art teacher will discuss the benefits of this trend and share tips on making your work top notch. Depending on interest, a drop in class may start from this core group.

54845 Tu 4/12 10 AM-12 PM Free/\$6
Blossom Room/Fry

Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun.

54332 Tu 4/12-6/7 3-4 PM Free/\$6
Carnation Room/Beck

Citizenship Class

If you have been a U.S. resident for four years and nine months and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center.

54945 M 4/11-6/27 12-3 PM \$18/\$20/\$25
Azalea Room

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on April. 4, 5 and 6 from 9:30 -10:30 a.m. Note: \$10 book fee may be required at first class.

Beginner

54950 M & W 4/4-6/13 10 AM-12 PM \$18/\$20/\$25
Arts and Crafts Room

High Beginner

54949 Tu & Th 4/5-6/9 10 AM-12 PM \$18/\$20/\$25
Card Room

Intermediate

54947 Tu 4/5-6/7 10 AM-12 PM \$18/\$20/\$25

Advanced

54948 W 4/6-6/8 10 AM-12 PM \$18/\$20/\$25

English Conversation Classes

Speak more confidently about everyday topics.

54952 Tu 4/12-6/7 1-2:30 PM \$14/\$16/\$18
Arts and Crafts Room

New! Exploring Laughter through Theatre

Let's explore this fun new class together. Stephanie Phelan will lead us in celebration of the healing benefits of laughter through script study and theatre games. There will be a good dose of laughter and animated conversation, so come laugh and go home smiling.

54333 Tu 4/26-5/10 2-2:45 PM \$10/\$15/\$20
Carnation Room

Fashion Show with Taylor Marie

The models will wow you - the clothes will astound you - and the prices delight you! We'll have the latest spring fashions in sizes for all, and accessories too. Taylor Marie brings the shopping to us. Alfred Dunner is just one of the designers offered. Prices are below retail. Light refreshments will be served.

54257 Th 5/12 1-2:30 PM \$5/\$7/\$10
Carnation Room

First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

Elizabeth Anne Bloomer Ford

Betty was a symbol of the '70's. She was outspoken and made her advocacy of women's rights known. She will be remembered for her brave battle against cancer. Her openness and candor made her a popular First Lady.

54098 M 4/25 10:15-11:15 AM \$6/\$9/\$11

Eleanor Rosalynn Smith Carter

Mrs. Carter once told reporters 'Jimmy helps me with everything'. Jimmy told reporters 'she is my secret weapon'. Seems they both had it right. Rosalynn was the 'Iron Magnolia' in the White House. As First Lady she felt wives of Presidents should be informed and speak out on matters that were important to them. She did.

54099 M 5/23 10:15-11:15 AM \$6/\$9/\$11

Nancy Reagan Course #54100

One of the most controversial First Ladies. Nancy was the woman behind the man. She worked hard in campaigning against drug use. Her elegance and style led the press to dub her 'Queen Nancy'. Nancy Reagan made her perspectives clear. She opposed ERA, disliked the term "Ms." and admitted to being the 'tough guy' when limiting Ronnie's schedule.

54100 M 6/27 10:15-11:15 AM \$6/\$9/\$11
Card Room

French

If you haven't taken a French class in the last 50 years, this class is for you. Note: \$5 material fee payable to instructor.

55080 M & W 4/11-5/4 10 AM-12 PM \$40/\$45/\$50
Board Room

French - Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Note: \$5 material fee is payable to instructor at first class.

55081 M & W 5/9-6/6 10 AM-12 PM \$40/\$45/\$50
Azalea Room

New! Fused Glass at VisArts

Create your own beautiful fused glass plate in one fun two-hour session. Students of all skill levels will cut and layer glass, use frit and stringers and produce a beautiful 6 x 6 plate or 4 x 8 dish. You design and create the work of art and leave it for us to let the kilns work their magic. Come back two weeks later and be prepared to be amazed. Class is held at VisArts, 155 Gibbs Street. and parking is validated.

54844 M 5/2 10:30 AM-12:30 PM \$35/\$44/\$55
VisArts

Guitar - Beginner/Continuing

Learn the fundamentals or refresh your skills in basic guitar in a variety of styles ranging from Folk to Blues to Country Western and beyond! The class will cover basic strumming techniques, scales and melodies, basic theory, and some tricks and tips to get you playing like a champ! Students will need a guitar and a notebook for this class. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820 by 4/11.

54334 W 4/27-6/1 1-2 PM \$85/\$107/\$134
Board Room

New! Hot Potato - Sweet Potato

Everyone loves the sweet potato craze. But let's go back to the beginning - how to grow them in the house to start, how to plant, care for, harvest and store them. Bonita Condon, Montgomery County Master Gardener will also discuss nutritional values, popular varieties and recipes. This class will lead to more programs on food gardening in the future.

54909 M 4/11 1-2 PM \$6/\$9/\$11
Azalea Room

Are you a Senior Center member?

If so, you are eligible for a discount on adult classes.
See page 37



Investment Education Class

Join us in an interactive four-week investment education class hosted by financial advisor Patrick Berger, Edward Jones. Topics will include: how to develop a sound investing strategy: how to identify and avoid the most common investment mistakes: stock basics - including types, characteristics, investing in and how to create reliable income streams, mutual fund basics - features, benefits, risks and types: tax-free investing strategies and understanding managed investment accounts. All materials will be provided at no cost.

54910 W 4/20-5/11 1-3 PM Free
Azalea Room

New! Jazz With Jesse - George Gershwin

George Gershwin and Jazz were a great combo. He was influenced by jazz and, in turn, influenced jazz. Come learn what jazz gave to him and what he and his brother, Ira gave back. Listen to great vocal and instrumental performances of their songs.

54781 W 5/25 1:15-2:30 PM \$4/\$6/\$9
Azalea Room

Spring Holidays

Spring School Break

March 25-April 1

Memorial Day

May 30

Check on "Rock Enroll" or with instructor for class cancellation.

INTERNATIONAL DAY

A Celebration of Cultures

Friday, June 10
10:30 a.m.-Noon

- Displays • Costumes
- Tastings • Dance demonstrations.



Rockville Senior Center

Legal and Financial Planning for Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join us for a two-part program where you will have a chance to learn about important legal and financial issues to consider; how to put plans in place, and how to access legal and financial resources near you. Topics will include: making legal plans that fit your needs, legal documents you'll need and what they mean for the family, how to find legal and financial assistance, practical strategies for making a long-term care plan, tax deductions and credits, and government programs that can help pay for care. Sponsored by Alzheimer's Assoc. with time for Q & A.

Part 1: Legal Issues, Wed., 4/27, 1-2PM
Henry Nash, JD, Attorney, Elder Law

Part 2: Financial Matters Wed., 5/4, 1-2PM
Melanie Gobourne, CSA Founder/President WDC Advocates

54935 W 4/27-5/4 1-2 PM
Azalea Room

Free

New! Music Enrichment with Irv

Irv Chamberlain is head over heels in love with music. He has shared this ardor in lectures on all aspects of great American music. His presentations examine vocalists and solo instrumentalists as well as major American composers. He plays selections of their works and incorporates the ups and downs of their lives and careers.

The Best of Rodgers, Hart and Hammerstein

The partnerships of Richard Rodgers with lyricists Lorenz Hart and Oscar Hammerstein II produced some of America's most beloved musicals: The King and I, Oklahoma, South Pacific and The Sound of Music. Hits from these shows and 5 additional perennials will be heard.

54327 Th 4/14 1-2:30 PM \$6/\$9/\$11

The Year 1945

The war has ended, the Dow hit 195, Going My Way won the Oscar and The United Nations was established. The songs of that year were happy and joyful. Come hear the hits that defined a new era with songs like, 'Accentuate the Positive', 'Rum and Coca Cola' and 'It's Been A Long Long Time'.

54328 Th 5/5 1-2:30 PM \$6/\$9/\$11
Card Room

Sign up for City of Rockville Emergency Notifications



The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information - mobile phone number, home phone number, email.
5. Enter up to five locations.

For more information and to sign up, visit www.rockvillemd.gov/alerts



Public Safety • Severe Weather • Traffic

Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues faced by our Commanders-in-Chief.

Gerald Rudolph Ford

Known as Mr. Nice Guy, President Ford was good natured easy going and unpretentious. His pardon of Richard Nixon was his effort to heal the nation. The pardon plagued his term in office. Gerald Ford is the only man to become Vice President and President without being elected.

54095 M 4/11 10:15-11:15 AM \$6/\$9/\$11

James Earl Carter

An informal peanut farmer walked from the Capitol to the White House following his swearing in as President. A man of the people who continued to work for people well after he left the White House. The energy crisis and hostage taking in Iran overshadowed his successes in foreign affairs. The Camp David Accord became the highlight of this time in office.

54096 M 5/9 10:15-11:15 AM \$6/\$9/\$11

Ronald Wilson Reagan

The oldest man elected President yet, he maintained a youthful appearance. President Reagan was known for his folksy generalities. He is remembered as the 'great communicator'. Yet, during his time in office there was: Nicaragua contras, Iranian arms sales, and 'perestroika' and 'glasnost'. President Reagan's legacy will be debated for a long time.

54097 M 6/13 10:15-11:15 AM \$6/\$9/\$11
Card Room

Piano Lessons - Beginner

Always wanted to learn the piano? Or did you play when you were younger and want to start again? Class will cover the keyboard, rhythms and techniques. Piano lesson book available from the instructor at first class for \$9. Class limited to 3 participants to allow for individual instruction.

54495 Tu 4/26-5/31 10:30-11:30 AM \$82/\$102/\$128
Board Room

Piano Lessons - Continuing

Continue to increase your knowledge and skill with our small group piano lessons. If you took the beginner class in the winter or have had previous experience, this class is for you. Class covers keyboard, rhythms and techniques. Books available from instructor at first class for \$9. Class is limited to 3 participants to allow individual attention.

54496 Tu 4/26-5/31 11:30 AM-12:30 PM \$82/\$102/\$128
Board Room

Positive Aging Project

Our Positive Aging Program offers free individual counseling and psycho-educational support groups designed to address the unique challenges of aging. Counseling and support groups conducted by Counselor Rika Granger, LCSW-C. To make an appointment for one-on-one counseling or to register for one of the support groups listed below call 240-314-8810.

Positive Aging

Six sessions: a popular psycho-educational and discussion group. Each session will have a unique topic presented for discussion. Topics will be: the Developmental Stage of Seniors, Stress, Fear, Mindfulness and Meditation, Adult Children, and Frequent and/or Chronic Health Issues. We will meet the 1st and 3rd Tuesday of the month.

54957 Tu 4/5-6/21 1-2:30 PM Free

Spring Cleaning

Why is it so hard to part with our stuff? Is it nostalgia? Is it anxiety? Is it pressure from others to do so? Is it too overwhelming? Is it that we don't know how to do it and/or are physically unable to do so? Are we afraid to ask for help? Join us to gain knowledge and to talk about our feelings about our stuff. To be held the 2nd and 4th Tuesday of the month. The topics for each meeting will be presented at the first meeting.

54959 Tu 4/12-6/28 1-2:30 PM Free

Women Living Alone

Six session psycho-educational and discussion support group: If you are a woman living alone, join us for this group. We will meet the 1st and 3rd Thursday of the month to share experiences and learn and discuss strategies for improving the quality of our lives.

54960 Th 4/7-6/16 1-2:30 PM Free
Counselors Office

Spring Mental Health Workshop

The Developmental Stage of Seniors -Erik Erikson's Developmental Stages of Life are a standard for mental health and medical professionals to use as a framework to better understand and support their clients from birth, through childhood, on into adulthood and in retirement and senior status. How have your priorities and values changed and why? What are your internal conflicts? Aren't they typical of your age? Why is that? To better understand yourself and your stressors, join us to learn where you are in the Stages of Life, developmentally.

54961 Th 4/14 1-2:30 PM Free
Arts and Crafts Room

Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

54498 M 4/4-5/23 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room/Broad

New! Profiles in History

Focusing on notable individuals who played significant roles in history and culture, this session, Professor Joan Adams will discuss Marilyn Monroe and Dean Martin whose lives helped shape America's fascination with Hollywood.

54783 M 6/6 10:15-11:15 AM \$6/\$9/\$11
Card Room

SPRING CRAFT BAZAAR

Sponsored by Rockville Seniors, Inc

Saturday, May 7
9 a.m. - 2 p.m.

Rockville Senior Center

Refreshments | Bake Sale

Household Items

Plant Sale | Arts and Crafts

Gift & Thrift Shops Open | Indoor, Air-Conditioned

240-314-8800



Science Tuesdays

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity. Co-sponsored by Rockville Science Center. Held in Azalea Room.

A Monkeys Uncle!

Dr. Burke will discuss behavioral, social and cognitive changes in the aging brain that he explores through an isolated population of monkeys that includes individuals addicted to alcohol. This population is also used for HIV research.

54942 Tu 4/12 1-2 PM Free

A Swiss Treat

Washington, a city of embassies fosters connections in fields you may not anticipate. Hear Rockville Science Center Board member, Tracy Dove, Ph.D., who is the Science Attaché at the Swiss Embassy discuss the scientific involvement that benefits our country through these diplomatic connections.

54943 Tu 5/10 1-2 PM Free

Backyard Beauty

Anne Goodman Ph.D., has been maintaining a native plant garden and investigated the implications for wildlife, water and ecosystems since becoming a spokesperson for the National Wildlife Federations in connection with their backyard certification programs. Allow her to share what she has seen in her own backyard in Twinbrook, in addition to the natural beauty!

54944 Tu 6/14 1-2 PM Free

Senior Safety

After a long, cold winter - are you looking forward to an enjoyable spring? Stay Safe! We will provide tips to keep you safe in & out of your home. We will cover everything from Safe Gardening to Smoke Alarms to Carbon Monoxide! This presentation will be entertaining, informative, and empowering!

55086 W 6/1 1-2 PM Free
Azalea Room

Spanish for Beginners

If you have never studied Spanish before or if you are just brushing up, this series of fun and flexible classes is designed to make you feel more comfortable getting started with every day conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. This easy to follow class includes interactive activities.

55082 M & W 6/1-6/29 1-3 PM \$40/\$45/\$50
Blossom Room

New! Spring Has Sprung

You will think the flower cart has overflowed with this fun, easy, glass painting class taught by Cathy Pasquariello. You have a choice of a large plate or two stemless glasses. Sunflowers in bright yellow or pink and purple tulips can adorn your creation and no painting experience necessary. There may even be a little treat on a plate to help inspire you.

54780 Th 4/14 10:30 AM-12 PM \$12/\$15/\$19
Arts and Crafts Room

Spring Home Maintenance Tips

Give your home a complete physical - inside and out and be ready for the warm-weather months. Jerry Jones, Senior Citizen Home Maintenance Coordinator, will distribute and discuss a spring home maintenance checklist that includes roofs, windows, foundations, gutters, decks and more.

53899 Th 3/31 1-2:30 PM Free
Blossom Room

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Do you need a refresher? Join representatives from the Senior Health Insurance Assistance Program, and learn where to begin and how to get help.

54955 Tu 6/7 7-9 PM Free
Carnation Room

New! Underpainting with Pastels

Add spontaneity to your art work by using soft intermingled watercolors as your underpainting. Your underpainting will be dreamlike but the finished painting will be more realistic with the addition of pastel painting. Learn about values, colors and shapes to take your paintings to a new level. Bring your watercolor paints and brushes to class, Paper will be supplied.

54393 W 5/18-6/8 10 AM-12 PM \$42/\$52/\$65
Blossom Room/Fry

Like us on Facebook

City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



Watercolor - Beginner /Continuing

Learn the beauty and magic of watercolor through basic techniques such as washes, wet-in-wet, dry brush and color mixing. The instructor will demonstrate and there will be studio time to explore these techniques. Focus will also be on values, composition and textures.

54119	Th	4/7-5/26	1-3 PM	\$84/\$100/\$120
54120	Tu	4/5-5/24	1-3 PM	\$84/\$100/\$120
Blossom Room/Fry				

Watercolor - Advanced

This class is for students who have previous experience working in watercolor. Investigate new techniques and refine skills while adding drama to your work. The class will discuss elements, principles, design and other methods you can use to make projects more engaging. Enjoy a small group setting with individual attention.

54121	Th	4/7-5/26	10 AM-12 PM	\$84/\$100/\$120
Card Room/Fry				

New! Yippee for Yupo

Using Japanese Synthetic Paper, Val Fry will teach this fun technique that creates very loose textures on wet watercolor paints. The paper will be provided as well as different objects that can be used to make new effects come to life. Bring your watercolors to class.

54122	W	5/4	6:15-8:15 PM	\$15/\$18/\$22
Blossom Room/Fry				

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email rockvillecomplab@hotmail.com. (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.

(B) Computer Basics

In this introductory course, learn basic skills including computer vocabulary, opening and saving files, monitor and desktop settings, shortcuts, menus and software. Create a variety of different icons to personalize your computer. Learn how to access the Internet and your e-mail from any computer.

53820	Tu & Th	3/15-3/17	10 AM-12 PM	\$15/\$20/\$25
54979	Tu & Th	4/19-4/21	10 AM-12 PM	\$15/\$20/\$25
54980	M & W	5/16-5/18	10 AM-12 PM	\$15/\$20/\$25
Computer Lab/Hickman				

(B) Computers - Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating, moving or deleting a desktop shortcut.

55014	Th	5/26	1-3 PM	Free/\$5/\$7
Computer Lab/Martin				

(B) Email Fundamentals

Email got you down? Learn how to enroll and use an email program. In some cases, you may be able to use your preferred email provider in this class as you practice sending, downloading and saving attachments.

53829	W	3/16	1-3 PM	Free/\$5/\$7
Computer Lab/Martin				

(B) Email Basics

This introductory session will use class accounts for you to learn the basics of sending, receiving, copying and saving emails.

55010	Th	5/5	1-3 PM	Free/\$5/\$7
Computer Lab/Martin				

(B) Function Keys

One of the biggest differences between a typewriter and the computer keyboard is the row of keys at the top of the keyboard that are labeled F1 through F12, commonly known as function keys. These keys may have a variety of different uses or no use at all. See how function keys will improve your work on your computer.

53830	Tu & Th	3/15-3/17	1-3 PM	\$15/\$20/\$25
54993	M & W	4/25-4/27	10 AM-12 PM	\$15/\$20/\$25
54994	M & W	5/23-5/25	10 AM-12 PM	\$15/\$20/\$25
Computer Lab/Hickman				

(B) Practice Lab- Beginners

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction.

54987	F	4/15-7/8	10 AM-12 PM	Free/\$3/\$5
Computer Lab/Davis/Gross				

(B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

54975	W	4/6	10 AM-12 PM	\$5/\$7/\$9
54976	Tu	5/3	10 AM-12 PM	\$5/\$7/\$9
54977	Tu	6/7	10 AM-12 PM	\$5/\$7/\$9

Computer Lab/Hickman

(B) Right Click - Left Click

Come discover how to find, move, copy and save your files and pictures. Create or delete shortcut icons on your desktop, emails and documents. It is all easy when you understand your mouse.

54988	Th	5/19	1-3 PM	Free/\$5/\$7
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Computer Lab/Martin

(B) Windows PC Backup

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

54991	Tu	4/19	1-3 PM	\$7/\$9/\$13
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Computer Lab/Hickman

(B) Word Processing

Word processing skills are required for many applications. Learn how to insert, edit, move and delete text and pictures. Files may be moved to a different document, PC or external memory. Learn the value of the 'Save As' command.

54997	Th	4/21-4/28	1-3 PM	Free/\$5/\$7
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Computer Lab/Martin

(B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

55072	M	6/6	1-3 PM	\$7/\$9/\$13
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Computer Lab/Bender

(BI) iPad Basics

A hands-on class for iPad beginners and anyone else who wants to get more out of their iPad. We will start with the basics: terminology, the physical layout and settings. The class will progress to discovering Siri voice activation and integrating with the cloud. Bring your iPad, power cord and adapter to class. If you already have an iTunes account, please bring your login ID and password. Note: There may be a handout fee.

55016	Tu & Th	4/5-4/14	10 AM-12 PM	\$40/\$48/\$60
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Computer Lab

(BI) iPhone Basics

A hands-on class for iPhone beginners and anyone else who wants to get more out of their iPhone. We will start with the basics: terminology, the physical layout and settings. Discover the iCalendar and camera and Siri, voice dictation, manage contact and connect to iTunes and the App store. Keep your iPhone running efficiently and learn to use iCloud for back-up. Bring your iPhone, power cord and adapter to class. If you already have an iTunes account, please bring your ID and password. Note: There may be a handout fee.

55017	Tu & Th	4/5-4/14	1-3 PM	\$40/\$48/\$60
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Computer Lab

(BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

54999	Tu	4/26	1-3 PM	\$7/\$9/\$13
55000	Tu	5/24	1-3 PM	\$7/\$9/\$13

Computer Lab/Hickman

(BI) Voice Commands

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or emails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Speech Recognition. Program requires Windows 7 or 8.

55079	W	6/8	1-3 PM	\$7/\$9/\$13
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Computer Lab/Hickman

(I) Computer Troubleshooting

Most people experience occasional computer problems such as a document that won't print, a computer that won't turn on, the inability to access the internet or a blue screen. Don't panic. Come learn some basic troubleshooting techniques and solve your computer problems.

55076 Tu & Th 6/14-6/16 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) e-Bay

Everyone has 'junk' in their attic. Learn how to turn it into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Ability to access the Internet. Note: \$10 manual fee payable to instructor at first class.

54973 M & W 4/4-4/13 1-3 PM \$39/\$48/\$59
Computer Lab/Bender

(I) Laptops - Windows 7

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 7.

55019 M & W 6/13-6/15 1-3 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) Laptops - Windows 8

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 8.

54982 M & W 4/11-4/13 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Note: Handout fee of \$3 will be collected at class.

53838 M & W 3/28-3/30 10 AM-12 PM \$9/\$11/\$13
55008 M & W 5/9-5/11 10 AM-12 PM \$9/\$11/\$13
Computer Lab/Hickman

(I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version). Note: \$5 handout fee payable to instructor at first class.

54995 Tu & Th 4/26-5/5 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 handout fee payable to instructor at first class.

54990 Tu & Th 3/22-3/29 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) PowerPoint

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 handout fee payable to instructor at the first class.

53840 M & W 3/21-3/28 1-3 PM \$27/\$34/\$42
55006 M & W 5/4-5/11 1-3 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Profiting with Options

Learn the power of using options in your stock portfolio. You can double or triple your annual dividend on stocks you own by using options. You can deposit money in your account every week using options. We'll explore Options definitions and how this form of trading can be used to supplement or supplant investments in company stock issues. This very low risk method of trading can enhance your investment portfolio on a weekly, bi-weekly and/or monthly basis. Four class meetings of two hours each. Hand out fee of \$5.00 due at first meeting.

53860 Tu & Th 3/22-3/31 1-3 PM \$36/\$46/\$56
55011 M & W 5/16-5/25 1-3 PM \$36/\$46/\$56
Computer Lab/Bender

(I) Thumb Drives , Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your thumb flash drive to any other computer. It's important to have a backup copy of work on your computer.

55073 Tu 6/7 1-3 PM \$7/\$9/\$13
Computer Lab/Hickman

(I) What to Look For in a Digital Camera

Shopping for a digital camera once seemed simple. Learn about cameras and software options available. Become familiar with the jargon and shop for the best deal. Great photos are in your future!

55083 M & W 4/18-4/27 1-3 PM \$36/\$46/\$56
Computer Lab/Bender

(I) Windows 10

The next version of Windows is here. Learn about the updated features and the new browser.

54985 Tu & Th 5/10-5/17 1-3 PM \$36/\$46/\$52
Computer Lab/Hickman

(I) Windows 7

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor and power settings. Advanced tools such as auto arranging your desktop, using sticky notes and the gadget feature will also be covered.

55018 M & W 6/6-6/13 10 AM-12 PM \$36/\$46/\$52
Computer Lab/Hickman

(IP) Advance Digital Photography

This is a continuation of camera usage with emphasis on individual controls, manual, aperture, shutter speed and flash. Understanding the importance of depth of field and how to use it will be the basis of each assignment. Bring a pocket storage device and your camera with the instructions. Note: \$3 material fee payable to instructor at first class.

55085 M & W 5/16-6/8 3-5 PM \$117/\$143/\$169
Computer Lab/Bender

(IP) Photoshop Advanced

If you are familiar with Photoshop, we'll discuss advanced concepts and tools and then use them to build upon your knowledge of this software that is beyond the average user. 8 hours, four meetings, \$5.00 handout fee due at first meeting.

55004 M & W 4/25-5/11 3-5 PM \$36/\$46/\$56
Computer Lab/Bender

(IP) Photoshop for Beginners

Taking pictures is never enough. To become a good photographer an understanding of editing is a necessity and the best software to accomplish this is Photoshop. Through proper editing your photographs will gain 'life' in sharpness, contrast and overall definition. To understand how to take photographs properly, understanding the edit procedure is a must. Note: \$10 materials fee payable to instructor at first class.

54974 M & W 4/4-4/20 3-5 PM \$64/\$74/\$84
Computer Lab/Bender

Framing & Displaying Your Photographs

One class meeting of two hours to discuss and demonstrate the techniques for archival mounting of photography and /or artwork. Learn how to use a relatively inexpensive matte cutting tool that will enable you to save money on mounting and framing. Bring an 8 x 10 photograph for actual mounting (two will be chosen) and recover the cost of this class meeting.

55005 M 5/2 1-3 PM \$10/\$12/\$15
Blossom Room/Bender

Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform/

53875 M & W 3/21-3/23 10 AM-12 PM \$25/\$30/\$35
54984 M & W 4/18-4/20 10 AM-12 PM \$25/\$30/\$35
Computer Lab/Hickman

Windows Explorer

Windows Explorer is the program that you use to browse through the files on your computer and connected devices. You can use it to browse network locations, manage your files and much more.

55075 Th 6/9 1-3 PM \$15/\$17/\$19
Computer Lab/Martin



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

A Matter of Balance

Balance exercises help improve stability, coordination, leg strength and posture. The exercises in this class will help reduce the risk of falling, help prevent injury and improve overall daily life.

54267 W 4/6-6/1 12:10-12:50 PM \$33/\$38/\$48
Exercise Room/Finn

Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. This class includes a mixture of oldies and current music.

55095 W 4/6-6/1 2:15-3:15 PM \$30/\$38/\$45
54268 Tu & Th 4/5-6/2 11 AM-12 PM \$48/\$60/\$72
Exercise Room/Klopfer

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

54269 Tu & Th 4/5-6/2 1-2 PM \$53/\$65/\$78
Exercise Room Side 2/Owen

New! Body in Motion

A body in motion stays in motion! Try this newly designed class that will incorporate cardio movements, balance and strength training, followed by 10 minutes of stretching and cool down. This class includes all elements of exercise to improve heart health, build muscle, increase balance and flexibility.

54273 M 4/4-6/6 1-2 PM \$40/\$50/\$60
Exercise Room

New! Dashing Away Knee Pain

Considering knee replacement surgery? Orthopedic Surgery Specialist, Kevin Woodward, PA, explains how the latest advances in computer assisted knee placement surgery is paving the way to a shorter hospital stay, quicker rehabilitation and a faster return to daily activities.

54911 Th 4/28 1-2 PM Free
Azalea Room

New! Breaking the Ice

As we get older, we no longer benefit from the built-in social circles that we may have had when we had school age children or while working. Join us for an interactive class to help seniors create and maintain friendships. You will have a chance to meet people who are interested in creating friendships and improving overall engagement with the people they encounter on a daily basis. Co-sponsored by Jewish Social Service Agency, presented by Hileia Seeger, LCSW-C, Director, Community Support Services, Senior Services

54918 Th 5/26 1-2 PM Free
Azalea Room

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

54274 F 4/8-6/3 1:30-2:30 PM \$30/\$37/\$43
Exercise Room/Owen

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation.

54275 M & W 4/4-6/6 11 AM-12 PM \$48/\$60/\$68
Exercise Room/Ramsey

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. You can direct the flow of your body's energy to help prevent disease and build strength.

54902 F 4/8-6/3 11:15 AM-12 PM \$45/\$56/\$67
Blossom Room/Helfer

New! Catch Your Z's with Ease

Getting a good night's sleep is critical to maintaining good physical and emotional health. Dr. Pavel Klein, Director of the Mid-Atlantic Epilepsy and Sleep Center, will discuss the most common sleep disorders and the negative impact they may have on your health. The discussion will also include strategies for developing healthier sleep patterns and the treatments available.

54914 Th 6/23 1-2PM Free
Azalea Room

New! Diabetes Self-Management Education Program

Diabetes workshop is given 2 ½ hours a week for six weeks by trained instructors following a program developed at Stanford University. Subjects will include techniques to deal with symptoms of diabetes, (such as fatigue, pain, hyper/hypoglycemia, stress, and emotional problems), diet and exercise, use of medications and working more effectively with health care providers. Participants will receive a copy of the companion book, Living a Healthy Life with Chronic Conditions, 4th Edition, and an audio relaxation tape. They will make weekly action plans, share experiences, and solve problems in carrying out the program. Presented by Adventist Healthcare.

54917 M 4/4-5/9 10:30 AM-1 PM Free
Blossom Room

Easy Feet

Using fun, energetic music, you will learn easy to follow patterns while receiving a great light cardio workout. This class is appropriate for beginners.

54279 F 4/8-6/3 11:15 AM-12 PM \$30/\$38/\$45
Exercise Room/Finn

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and dance away your worries. Zumba is great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

54280 M & W 4/4-6/6 10-10:50 AM \$48/\$60/\$72
(M) Exercise Room/Serrano Gonzalez
(W) Carnation Room/ Serrano Gonzalez

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state of the art fitness room. Basic machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The Fitness Club membership fee is \$85 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Basic Exercise Machine Training

Training for fitness club members by appointment only. (Made at front desk).

54281 M-F 4/18-8/5 8 AM-6 PM \$15

Exercise Machine Training - Plus

For more than the required basic training, make an appointment with a certified personal trainer. Receive a one-on-one session and an exercise plan tailored to your individual needs.

54282 M-F 4/18-8/5 8 AM-6 PM \$40
Fitness Room

Forever Fit

Receive a total body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. Exercises are appropriate for all fitness levels.

54901 M 4/4-6/6 12:10-12:50 PM \$30/\$38/\$45
54283 Tu & Th 4/5-6/2 10-10:50 AM \$60/\$75/\$90
Exercise Room/Finn



Rockville Senior Center

FITNESS CENTER

***It's the best time to be a
senior in Rockville!***

7 a.m. – 7 p.m. Monday-Friday
7 a.m. – 3 p.m. Saturday

www.rockvillemd.gov/seniorcenter
240-314-8800



New! Moving the Needle with Acupuncture

Acupuncture is the ancient form of Chinese Medicine used to treat pain and illness by balancing the flow of energy while stimulating the body's natural self-healing abilities. Discover the medical conditions acupuncture is known to treat and how this ancient technique is used to restore balance with Acupuncturist and Internist Dr. Andrew Wong.

53937 Th 3/24 1-2 PM Free
Azalea Room

On Your Feet - Yoga Blend

This class includes basic Yoga poses in a slow and easy pattern adding elements of balance and core strengthening exercises. This class will be done in a standing position, or seated position. No mat work involved.

54903 W & F 4/6-6/3 (W) 1:15-2 PM \$65/\$81/\$98
(W) Exercise Room/Finn (F) 1:30-2:15 PM
(F) Exercise Room side 1/Finn

Ask the Wellness Coach!

Let our coach check your body fat composition.

Ask questions related to nutrition, diet and general health.

Call for your free 15-minute appointment or stop by the Fitness Room desk.

(Fitness Members Only)

240-314-8813



Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

One - 1 Hour Session

54286 M-F 5/2-8/18 8 AM-6 PM \$49

Two - 1 Hour Sessions

54287 M-F 5/2-8/18 8 AM-6 PM \$95

Three - 1 Hour Sessions

54288 M-F 5/2-8/18 8 AM-6 PM \$135

Six - 1 Hour Sessions

54289 M-F 5/2-8/18 8 AM-6 PM \$250

Ten - 1 Hour Sessions

54290 M-F 5/2-8/18 8 AM-6 PM \$395
Fitness Room

Pilates-Barre Fusion

This class uses a combination of postures inspired by Pilates and yoga, fused with elements of ballet. The chair is used as a prop to help you balance while performing exercises that focus on holding your body still while you contract a specific set of muscles. Please bring light hand held weights and a yoga sticky mat.

54904 M 4/4-5/23 8:45-9:30 AM \$45/\$56/\$67
Thomas Farm CC/Finn

Senior Abs and Back

The core is the key to better posture, better balance and better movement. This class will focus on the core through exercises using your upper and lower abdominals, pelvic floor, obliques, buttocks and mid and lower back muscles. Most exercises will be done on the floor; participants must be able to get up and down from the mat.

54291 Tu 4/5-5/31 5-5:45 PM \$40/\$48/\$57
Exercise Room

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center.

54294 M & W 4/4-6/22 1:30-2:15 PM Free
54295 M & W 4/4-6/22 2:20-3:05 PM Free
Carnation Room/Aehle

Senior Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants will use weights and mats. This workout is for all fitness levels.

54296 Sa 4/9-6/4 10-11 AM \$45/\$56/\$67
Exercise Room/Owen

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

54299 Tu 4/5-5/31 2:15-3 PM \$57/\$71/\$85
54300 Tu & Th 4/5-6/2 2:15-3 PM \$98/\$122/\$147
Exercise Room/Klopper

Senior Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). This class is appropriate for beginners.

54301 Th 4/7-6/2 11-11:45 AM \$57/\$71/\$85
Blossom Room/Finn

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors. This class includes work on the mat.

54302 F 4/8-6/3 9-9:45 AM \$40/\$50/\$60
Thomas Farm CC/Ramsey

Senior Strength and Stretch

This class begins with 30 minutes of strength training exercises, which includes the use of weights, tubes and bands, as well as core-strengthening mat work. We will finish the class with 15 minutes of yoga, leaving the body stretched and relaxed. This class includes work done on the mat.

54303 F 4/8-6/3 9-9:45 AM \$40/\$50/\$60
Exercise Room/Fleishman

Senior Strength Training

This class is designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. This class includes work done on the mat.

54305 Tu & Th 4/5-6/2 9-9:45 AM \$64/\$80/\$96
Exercise Room/Ramsey

Senior T'ai Chi Ch'uan - Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class will incorporate and compare different styles of T'ai Chi, which will include certain historical and cultural aspects. For Senior Center members only.

54306 Tu & Th 4/5-6/2 10-10:50 AM \$8
Carnation Room/Gegan

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only one hour. Class can be modified for most fitness levels. This class includes work done on the mat.

54307 W 4/6-6/1 5-6 PM \$45/\$56/\$67
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

54308 W & F 4/6-6/3 (W)9:50-10:50 AM \$93/\$116/\$139
Exercise Room/Figlure (F)10-11AM

WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Show Stoppers

The Show Stoppers, a dance performance group, performs at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star. For Senior Center members only.

54309 Tu & F 4/26-6/24 12:15-1 PM Free
Carnation Room/Finn

Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. There will be time for meditation and discussion. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 30 years.

54933 M 4/4-6/13 1-2 PM \$30/\$35/\$40
Board Room

New! The Sum Total of Our Memory

This 57-minute film about three everyday couples facing the challenges that Alzheimer's presents to common activities, including driving, using household items, etc. It describes pre-diagnosis clues about the possibility that a spouse has Alzheimer's problems at work, getting a diagnosis, social isolation, reaction of family and friends, progression of the disease and problems of care giving. Participants speak openly about the disease. The importance of communication with a loved one diagnosed is explained by Alzheimer's experts and medical experts explain the disease and being in clinical trials. A discussion will follow, led by Ann Eichenberger, Founder, Daily Dementia, Caregivers along with a medical expert.

54915 W 5/18 1-2:30 PM Free
Azalea Room

Total Conditioning Workout

This strength building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes mat work.

54313 M 4/4-6/6 9-9:45 AM \$45/\$56/\$68
54314 F 4/8-6/3 12:15-1 PM \$45/\$56/\$68
Exercise Room/Klopfer

New! Triple Treat

Treat yourself to an afternoon of fun and fitness. Join us while we exercise away the afternoon including aerobic dance, strength training, ending with yoga poses and relaxation. Enjoy some special treats at the end of your workout. Please bring a yoga sticky mat.

53990 Th 3/24 1:30-3:30 PM \$7/\$9/\$12
Carnation Room/Klopfer

Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates in this fusion class, performed in a flowing pattern. Bring a yoga sticky mat.

54315 M 4/4-6/6 11:15 AM-12 PM \$45/\$56/\$67
Carnation Room/Fleishman

Walking Strong

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class which includes muscle boosting exercises, will increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

54316 Tu & Th 4/5-6/2 12:15-12:45 PM \$25/\$30/\$38
Exercise Room/Owen

Yo-Chi

This mind-body class combines standing and floor-based yoga postures with Chinese T'ai Chi movement patterns for the arms and legs. This fusion program will improve stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Bring a yoga sticky mat. Modifications are available. Class is for most fitness levels.

54318 M 4/4-6/6 2:10-2:50 PM \$30/\$37/\$43
Exercise Room/Finn

Yoga Flow

Sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please bring a yoga sticky mat.

54319 Tu & Th 4/5-6/2 1-2 PM \$65/\$81/\$98
Exercise Room Side 1/Mustafa

55015 M 4/4-6/6 6:15-7:15 PM \$45/\$56/\$67
Exercise Room/Mustafa

Senior Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse

Senior Center Fitness Club Membership Fees

\$85/year (Must be a Senior Center member)

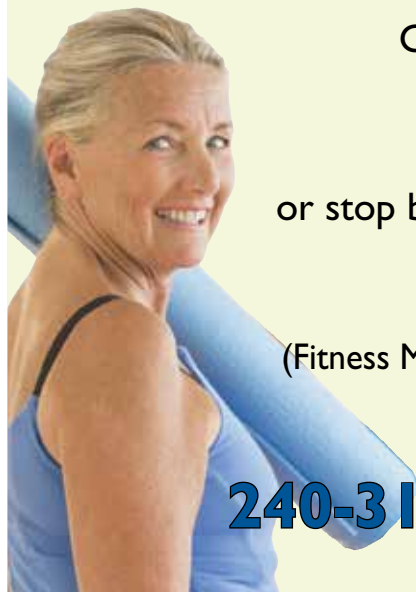
Questions about your workout?

Ask the Trainer!

Call for a free
15-minute
appointment
or stop by the Fitness
Room desk.

(Fitness Members Only)

240-314-8813



Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

54320 W 4/6-6/1 8:45-9:30 AM \$50/\$63/\$75
Exercise Room/Finn

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout.

54321 M 4/4-6/6 5-6 PM \$35/\$44/\$53
55013 Th 4/7-6/2 5-6 PM \$35/\$44/\$53
Exercise Room/Ford

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing)

54270 W & F 4/27-6/17 8:45-9:45 AM Free
Gymnasium

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes.

54312 M 4/11-5/16 1-2 PM \$30/\$37/\$43
Game Room

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination.

54311 W 4/13-5/18 1-2 PM \$30/\$37/\$43
Game Room

Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

54310 F 4/15-5/20 1-2 PM \$30/\$37/\$43
Game Room



Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the Front Desk. For members only.

54271 Tu & Th 4/5-6/23 10-11 AM Free
Bocce Ball Court

Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.- 7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 5 p.m. and Saturday, 8:30 a.m.- 2:45 p.m. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is available at Twinbrook Community Recreation Center on Wednesday, 9-10 a.m. For members only.

54284 M-Sa 4/11-7/2 8:30 AM-5 PM Free
Game Room

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

54285 W & F 4/27-6/10 10-11 AM Free
Twinbrook CRC-Gymnasium

Senior Duffers

It is time to begin the 2016 Golf Season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available. Join us for our Annual Duffers Organizational Meeting on March 23, at 10:00 a.m. at the Rockville Senior Center.

54293 M 4/25-9/12 7:30 AM-1 PM \$6/\$7/\$9
Reamy

Like us on Facebook

City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



Benefits of the Senior Center Membership include:

Discounts on Senior Programs

Discounts on Renals

Eligibility to join the Fitness Center

Early Class Registration

Discount in the Adult section of the Recreation Guide

Monthly Newsletter Mailed



Rockville Senior Center

HEALTH FAIR



Wednesday, May 25
11 a.m. - 1:30 p.m.

FREE

Health screenings
healthy snacks and more!!

Trips

TRIP REGISTRATION

In-Person Lottery

Wednesday, March 9, 10:30 a.m.

Senior Center Members and Residents

Numbers distributed random order, 10:15 a.m.

Friday, March 11

Nonresidents and Nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



New! Cherry Blossom Lunch Cruise

Come aboard the glass enclosed Odyssey to celebrate the history and beauty of the banks of the Potomac River during the National Cherry Blossom Festival. Enjoy a sit down lunch as we cruise past some of Washington's most lovely landscapes. Trip includes charter bus transportation, cruise, lunch and leadership.

54856 Wed 4/13 9 AM-3:30 PM \$92/\$115/\$132
Departs: Glenview Mansion

New! Annapolis In Springtime

Combining history and gardens in one location, the William Paca House is a fine example of an 18th century Georgian mansion. Built by one of the signers of the Declaration of Independence, the tour will include two floors of the home and time in the gardens before going to lunch at a local Annapolis restaurant. Trip includes docent tour, charter bus transportation, leadership and lunch. Trip also will have walking and stairs.

54860 Tu 5/17 9 AM-3 PM \$65/\$81/\$93
Departs: Glenview Mansion

New! Washington Nationals Baseball

Join us for a great game between two power house teams, The Washington Nationals and NY Mets. We have fabulous clubhouse level seats for the game. The Nats had a winning season last year, so come along and root for the home team. Note: food and beverages are on your own. Trip includes: charter bus transportation, leadership and tickets.

54857 Wed 5/25 11 AM-5:30 PM \$85/\$106/\$122
Departs: Glenview Mansion



New! Rainbow's Comedy Playhouse

Rainbow Dinner Theatre has changed their name to reflect what they do - and do well, comedy. We will go to Paradise, Pa to see the newest production, 'Perfect Wedding' and enjoy a buffet lunch and the comradery and laughter of our friends and family. Trip includes charter bus transportation, lunch and show.

55020 W 6/8 8:30AM - 6:30PM \$93/\$116/\$133
Departs: Glenview Mansion



Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
 240-314-8750



The swim center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

No classes Memorial Day Weekend
 May 28-30

Fees:
 M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Members

Tuesday, March 8, 8:30 a.m.

Swim Center Non-members

Thursday, March 10, 8:30 a.m.

Registration Deadline

One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:

Swimming Lessons

RSFC

355 Martins Lane

Rockville, MD 20850

Fax to:

Swimming Lessons

240-314-8759

Water Safety Day

Friday, June 3, 2016 • 3:30-6:30 p.m.

Gaithersburg Water Park

512 S. Frederick Ave., Gaithersburg

Stay safe at the pool this summer!

FREE swimming event hosted by:

City of Gaithersburg

Montgomery County

City of Rockville

LEARN:

Preventing drowning, Proper use of life jackets

Water rescue skills, Skin cancer prevention

Swim lessons (evaluations offered)

Held Rain or Shine

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The city does not provide a form for this purpose. **Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.**

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class.

Age: 6-18 mo				M/NM
54529	Tu	4/19-6/7	9-9:30 AM	\$71/\$89
54530	Sa	4/23-6/11	10:50-11:20 AM	\$62/\$78
54531	Su	4/24-6/12	10:15-10:45 AM	\$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 18-36 mo				M/NM
54532	M	4/18-6/6	2-2:30 PM	\$62/\$78
54533	Th	4/21-6/9	9-9:30 AM	\$71/\$89
54534	Sa	4/23-6/11	10:15-10:45 AM	\$62/\$78
54537	Sa	4/23-6/11	8:30-9 AM	\$62/\$78
54535	Su	4/24-6/12	8-8:30 AM	\$62/\$78
54536	Su	4/24-6/12	9:40-10:10 AM	\$62/\$78
54538	Su	4/24-6/12	11:25-11:55 AM	\$62/\$78

Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 3-5				M/NM
54521	W	4/20-6/8	2-2:30 PM	\$71/\$89
54522	Th	4/21-6/9	9:30-10 AM	\$71/\$89
54523	Sa	4/23-6/11	11:25-11:55 AM	\$62/\$78
54524	Sa	4/23-6/11	9:05-9:35 AM	\$62/\$78
54525	Su	4/24-6/12	9:05-9:35 AM	\$62/\$78
54526	Su	4/24-6/12	10:50-11:20 AM	\$62/\$78

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class.

Age: 3-5				M/NM
55084	Tu	4/19-6/7	9:30-10 AM	\$71/\$89
54527	Sa	4/23-6/11	9:40-10:10 AM	\$62/\$78
54528	Su	4/24-6/12	8:30-9 AM	\$62/\$78

Preschool Swim

Note to parents: In order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
54553	M	4/18-6/6	4:10-4:40 PM	\$67/\$84
54554	W	4/20-6/8	3:35-4:05 PM	\$77/\$96

Floaters 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
54558	M	4/18-6/6	3:35-4:05 PM	\$67/\$84
54559	M	4/18-6/6	4:45-5:15 PM	\$67/\$84
54560	Tu	4/19-6/7	4:35-5:05 PM	\$77/\$96
54561	Tu	4/19-6/7	5:10-5:40 PM	\$77/\$96
54562	Tu	4/19-6/7	5:45-6:15 PM	\$77/\$96
54563	W	4/20-6/8	4:10-4:40 PM	\$77/\$96
54564	Th	4/21-6/9	5:45-6:15 PM	\$77/\$96
54565	F	4/22-6/10	3:35-4:05 PM	\$77/\$96
54566	F	4/22-6/10	4:45-5:15 PM	\$77/\$96
54567	Sa	4/23-6/11	9-9:40 AM	\$67/\$84
54568	Sa	4/23-6/11	9:45-10:25 AM	\$67/\$84
54569	Sa	4/23-6/11	10:30-11:10 AM	\$67/\$84
54570	Sa	4/23-6/11	11:15-11:55 AM	\$67/\$84
54571	Su	4/24-6/12	9-9:40 AM	\$67/\$84
54572	Su	4/24-6/12	9:45-10:25 AM	\$67/\$84
54573	Su	4/24-6/12	10:30-11:10 AM	\$67/\$84
54574	Su	4/24-6/12	11:15-11:55 AM	\$67/\$84
54575	Su	4/24-6/12	12-12:40 PM	\$67/\$84

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Floaters 2

Children who are comfortable in the water can submerge for 5-10 seconds, and can swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6				M/NM
54576	M	4/18-6/6	3:35-4:05 PM	\$67/\$84
54577	Tu	4/19-6/7	5:10-5:40 PM	\$77/\$96
54578	W	4/20-6/8	3:35-4:05 PM	\$77/\$96
54579	Th	4/21-6/9	5:10-5:40 PM	\$77/\$96
54580	Th	4/21-6/9	4:35-5:05 PM	\$77/\$96
54582	F	4/22-6/10	3:35-4:05 PM	\$77/\$96
54583	Sa	4/23-6/11	9:45-10:25 AM	\$67/\$84
54584	Sa	4/23-6/11	11:15-11:55 AM	\$67/\$84
54586	Sa	4/23-6/11	9-9:40 AM	\$67/\$84
54585	Su	4/24-6/12	9-9:40 AM	\$67/\$84
54587	Su	4/24-6/12	9:45-10:25 AM	\$67/\$84
54588	Su	4/24-6/12	11:15-11:55 AM	\$67/\$84

Strokers 1

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least eight yards should take this class. The focus will be on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills will also be taught.

Age: 4-7				M/NM
54603	W	4/20-6/8	4:10-4:40 PM	\$77/\$96
54604	Th	4/21-6/9	5:10-5:40 PM	\$77/\$96
54605	F	4/22-6/10	4:10-4:40 PM	\$77/\$96
54606	Sa	4/23-6/11	9:45-10:25 AM	\$67/\$84
54607	Su	4/24-6/12	9-9:40 AM	\$67/\$84
54608	Su	4/24-6/12	11:15-11:55 AM	\$67/\$84

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl, elementary backstroke and treading water. Students will be introduced to coordinated breaststroke.

Age: 4-7				M/NM
54609	Tu	4/19-6/7	5:45-6:15 PM	\$77/\$96
54610	W	4/20-6/8	4:45-5:15 PM	\$77/\$96
54611	Th	4/21-6/9	4:35-5:05 PM	\$77/\$96
54612	Sa	4/23-6/11	9-9:40 AM	\$67/\$84
54613	Su	4/24-6/12	9:45-10:25 AM	\$67/\$84
54614	Su	4/24-6/12	10:30-11:10 AM	\$67/\$84

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
54889	F	4/22-6/10	4:45-5:15 PM	\$77/\$96
54891	Su	4/24-6/12	10:30-11:10 AM	\$67/\$84

Mini Swim Team Prep

This class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
54595	M	4/18-6/6	4:45-5:15 PM	\$67/\$84
54594	Th	4/21-6/9	5:45-6:15 PM	\$77/\$96
54596	Sa	4/23-6/11	10:30-11:10 AM	\$67/\$84

Children/Teen Swim

Note to parents: To assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming seven yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
54635	W	4/20-6/8	4:45-5:15 PM	\$71/\$88
54636	F	4/22-6/10	4:10-4:40 PM	\$71/\$88
54637	Sa	4/23-6/11	9:45-10:25 AM	\$62/\$77
54638	Sa	4/23-6/11	10:30-11:10 AM	\$62/\$77
54639	Su	4/24-6/12	10:30-11:10 AM	\$62/\$77
54640	Su	4/24-6/12	12-12:40 PM	\$62/\$77

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim seven yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 7+				M/NM
54643	M	4/18-6/6	4:10-4:40 PM	\$62/\$77
54641	Tu	4/19-6/7	4:35-5:05 PM	\$71/\$88
54642	Sa	4/23-6/11	9-9:40 AM	\$62/\$77
54644	Sa	4/23-6/11	11:15-11:55 AM	\$62/\$77
54645	Su	4/24-6/12	9-9:40 AM	\$62/\$77
54646	Su	4/24-6/12	12-12:40 PM	\$62/\$77

Youth 3

Children who can swim a combined stroke for ten yards on their front and back should take this class. Children will learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
54647	Sa	4/23-6/11	10:30-11:10 AM	\$62/\$77
54648	Sa	4/23-6/11	11:15-11:55 AM	\$62/\$77
54649	Su	4/24-6/12	9:45-10:25 AM	\$62/\$77
54650	Su	4/24-6/12	10:30-11:10 AM	\$62/\$77
54651	Su	4/24-6/12	12-12:40 PM	\$62/\$77

Youth 4

Children who are comfortable in deep water and can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children will work on perfecting front and backstroke and treading water. Coordinated breaststroke will be introduced. Prerequisite: Youth 3.

Age: 7+				M/NM
54652	Sa	4/23-6/11	10:30-11:10 AM	\$62/\$77
54653	Sa	4/23-6/11	11:15-11:55 AM	\$62/\$77
54654	Su	4/24-6/12	9-9:40 AM	\$62/\$77
54655	Su	4/24-6/12	9:45-10:25 AM	\$62/\$77
54657	Su	4/24-6/12	11:15-11:55 AM	\$62/\$77
54658	Su	4/24-6/12	12-12:40 PM	\$62/\$77

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn bi-lateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes will be refined.

Age: 7+				M/NM
54659	Sa	4/23-6/11	9-9:40 AM	\$62/\$77
54660	Sa	4/23-6/11	11:15-11:55 AM	\$62/\$77
54661	Su	4/24-6/12	9-9:40 AM	\$62/\$77
54662	Su	4/24-6/12	9:45-10:25 AM	\$62/\$77
54663	Su	4/24-6/12	11:15-11:55 AM	\$62/\$77

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, backstroke and 15 yards of side stroke and breaststroke, all in good form. Children will work on breaststroke, butterfly and turns in addition to refining other strokes.

Age: 7+				M/NM
54664	Sa	4/23-6/11	9:45-10:25 AM	\$62/\$77
54665	Su	4/24-6/12	9:45-10:25 AM	\$62/\$77
54666	Su	4/24-6/12	10:30-11:10 AM	\$62/\$77

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 7+				M/NM
54667	Sa	4/23-6/11	10:30-11:10 AM	\$62/\$77
54668	Su	4/24-6/12	9-9:40 AM	\$62/\$77
54669	Su	4/24-6/12	11:15-11:55 AM	\$62/\$77
54670	Su	4/24-6/12	12-12:40 PM	\$62/\$77

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts. Prerequisite: Youth 6 and 7

Age: 7+				M/NM
54620	Sa	4/23-6/11	9-9:40 AM	\$62/\$77
54621	Sa	4/23-6/11	9:45-10:25 AM	\$62/\$77
54622	Su	4/24-6/12	10:30-11:10 AM	\$62/\$77
54623	Su	4/24-6/12	11:15-11:55 AM	\$62/\$77

Swim 4 Fitness for Teens

Geared towards teens with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17				M/NM
54619	Su	4/24-6/12	12-12:45 PM	\$62/\$77

Triathlon Training for Kids-Intermediate

Designed to improve the swimming component for your young triathlete, this class will reinforce the competition basics. Kids will improve their freestyle while learning triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, as well as what to expect at the start of a race. Participants must be capable of swimming 200 meters of freestyle without stopping. Previous racing history is helpful.

Age: 7-12 M/NM
54631 Sa 4/23-6/11 7:30-8:25 PM \$62/\$70

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+ M/NM
54501 Tu 4/19-6/7 8:25-9:10 PM \$71/\$88
54500 W 4/20-6/8 8:35-9:20 PM \$71/\$88

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+ M/NM
54502 W 4/20-6/8 8:35-9:20 PM \$71/\$88
54503 Th 4/21-6/9 8:25-9:10 PM \$71/\$88

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+ M/NM
54504 Tu 4/19-6/7 8:25-9:10 PM \$71/\$88

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+ M/NM
54505 Th 4/21-6/9 8:25-9:10 PM \$71/\$88

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep water exercise class. This no impact, high energy workout will tone your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment will be provided.

Age: 18+ M/NM
54506 Tu & Th 4/19-6/9 6:35-7:20 AM \$74/\$90

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+ M/NM
54507 M 4/18-6/6 10:15-11 AM \$33/\$40
54508 W 4/20-6/8 10:15-11 AM \$37/\$45
54509 F 4/22-6/10 10:15-11 AM \$37/\$45

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+ M/NM
54510 M 4/18-6/6 8:30-9:15 AM \$33/\$40
54512 Tu 4/19-6/7 8:30-9:15 AM \$37/\$45
54514 Tu 4/19-6/7 9:15-10 AM \$37/\$45
54511 W 4/20-6/8 8:30-9:15 AM \$37/\$45
54896 Th 4/21-6/9 8:30-9:15 AM \$37/\$45
54897 Th 4/21-6/9 9:15-10 AM \$37/\$45
54513 F 4/22-6/10 8:30-9:15 AM \$37/\$45

Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+ M/NM
54515 M 4/18-6/6 9:15-10 AM \$33/\$40
54516 W 4/20-6/8 9:15-10 AM \$37/\$45

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
54519	Tu	4/19-6/7	10:15-11 AM	\$37/\$45
54517	Th	4/21-6/9	10:15-11 AM	\$37/\$45
54518	F	4/22-6/10	9:15-10 AM	\$37/\$45

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
54545	Tu	4/19-6/7	10:10-10:55 AM	\$37/\$45
54546	Th	4/21-6/9	10:10-10:55 AM	\$37/\$45

Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Flotation belts are used.

Age: 16+				M/NM
54548	M	4/18-6/6	9:15-10 AM	\$33/\$40
54551	Tu	4/19-6/7	7:35-8:20 PM	\$37/\$45
54549	W	4/20-6/8	9:15-10 AM	\$37/\$45
54552	Th	4/21-6/9	7:35-8:20 PM	\$37/\$45
54550	F	4/22-6/10	9:15-10 AM	\$37/\$45

H2O Walking

Did you know thirty minutes of water walking equals two hours of walking on land? This class is perfect for weight loss or general fitness and is more challenging than you think! Non swimmers and beginners welcome. Taught in shallow to chest deep water. Music is used.

Age: 16+				M/NM
54589	M	4/18-6/6	9:20-10:05 AM	\$33/\$40
54592	Tu	4/19-6/7	7:35-8:20 PM	\$37/\$45
54590	W	4/20-6/8	9:20-10:05 AM	\$37/\$45
54593	Th	4/21-6/9	7:35-8:20 PM	\$37/\$45
54591	F	4/22-6/10	9:20-10:05 AM	\$37/\$45

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+				M/NM
54597	M & W & F	4/18-6/10	6:30-7:30 AM	\$104/\$126
54598	W & F	4/20-6/10	6:30-7:30 AM	\$85/\$105
54599	F	4/22-6/10	6:30-7:30 AM	\$53/\$64

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+				M/NM
54615	Tu	4/19-6/7	11:10-11:55 AM	\$40/\$49
54616	Tu	4/19-6/7	9:15-10 PM	\$40/\$49
54617	Th	4/21-6/9	11:10-11:55 AM	\$40/\$49
54618	Th	4/21-6/9	9:15-10 PM	\$40/\$49

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

All Ages				M/NM
54624	Su	4/24-6/12	7-8:30 PM	\$80/\$90

Triathlete Swim Speed Development

Class is designed for athletes preparing for Sprint to Half Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yds of continuous freestyle.

Age: 16+				M/NM
53631	Sa	3/19-4/16	6:30-8 PM	\$40/\$45
54625	Sa	4/23-6/11	6:30-8 PM	\$93/\$105

Triathlon Open Swim

Can't wait for race season to start? Test out your wetsuit and practice your open water skills in the outdoor 50 meter fitness pool! The lane lines will be removed from the pool for this pre-season event so swimmers can practice pack swimming, sighting and drafting in a non-competitive atmosphere. Seasoned triathletes, open water swimmers and beginners are all welcome. To avoid overcrowding we have split this event into two start times. The water is cold so bring your wetsuit.

Age: 16+				M/NM
54626	Sa	4/30	9-10 AM	\$10/\$12
54627	Sa	4/30	10-11 AM	\$10/\$12
54628	Su	5/1	9-10 AM	\$10/\$12
54629	Su	5/1	10-11 AM	\$10/\$12

Triathlon Swim Clinic

This clinic is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts will focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 16+				M/NM
54630	Su	4/24-6/12	8:05-8:55 AM	\$62/\$70

Senior Swim

Note: Senior residents pay the member fee.

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 14+				M/NM
54632	M & W	4/18-6/8	9:15-10:15 AM	\$79/\$99

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+				M/NM
54499	Tu & Th	4/19-6/9	2:05-2:50 PM	\$36/\$36/\$45

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Age: 60+				M/NM
54600	M & W & F	4/18-6/10	11:05-11:50 AM	\$52/\$52/\$65

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+				M/NM
54601	M & W & F	4/18-6/10	10:10-10:55 AM	\$52/\$52/\$65

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+				M/NM
54602	M & W	4/18-6/8	2:35-3:20 PM	\$34/\$34/\$42

Check Out Our Fitness Room

Featuring:

- 1 - Rowing Machine
- 5 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

240-314-8750

www.rockvillemd.gov/swimcenter

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+ M/NM
54520 Tu & Th 4/19-6/9 10:10-10:55 AM \$84/\$106

Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.

CPR/AED for the Professional Rescuer

The purpose of this American Red Cross course is to teach the skills needed to respond appropriately to breathing and cardiac emergencies. This full length course includes the use of automated external defibrillation. This class is for nurses, technicians, lifeguards, doctors, EMTs, paramedics and anyone else in the health care profession. (Lifeguards should take this course if their CPR/AED cert has already expired.)

All Ages				M/NM
54539	Sa-Su	4/2-4/3	4-9 PM	\$125
54540	Su	5/1 & /8	12-4 PM	\$125
54541	Th	5/26 & 6/2	6-10 PM	\$125

First Aid (American Red Cross)

This American Red Cross First Aid course will give individuals the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illness until advanced medical personnel arrive and take over. Perfect for daycare employees, camp counselors, babysitters, parents and or anyone responsible for the care of someone else.

All Ages				M/NM
54555	Tu	4/5	4-9 PM	\$60
54556	M	5/2	4-9 PM	\$60
54557	W	6/1	4-9 PM	\$60

Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR. Please view our website for up-to-date training schedules. Visit www.rockvillemd.gov/swimcenter.

Age: 15+				M/NM
53575	Th	3/17-5/12	Varies	\$195
53574	M-F	3/28-4/1	Varies	\$195
53576	Sa-Tu, F	4/23-5/1	Varies	\$195

Lifeguard Training Review

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must have a current Lifeguard certification and pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR.

Age: 15+				M/NM
53579	Sa-Su	3/19-3/20	3-10:30 PM	\$125
53580	Sa-Su	4/9-4/10	3-10:30 PM	\$125
53581	Sa-Su	5/7-5/8	3-10:30 PM	\$125

NOW HIRING

Lifeguards, Water and Land Fitness Instructors



For additional information,
call 240-314-8750
www.rockvillemd.gov/swimcenter

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Connect • Create • Celebrate

We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities.

	44 Miles of Shared Use Trails		300,000 Visitors to Swim & Fitness Center
	65 City owned parks		64 Basketball courts
	160,000+ Attendees at Special Events		50 Playgrounds
	1,035 Acres of Parks and Open Spaces		178 Garden Plots
	4 Historic Properties		43 Tennis Courts
	5 Fitness Centers		1 Nature Center
	37,000+ Attendees at F. Scott Fitzgerald Theatre		33,500 Bus Rides for Seniors

www.rockvillemd.gov/recreation

240-314-8620

Rockville Concert Band

John Saint Amour, Music Director

2016 Concert Series

"Spring Concert"

March 20, 3 p.m.

"Music for All Ages"

April 17, 3 p.m.

No tickets required; \$5 suggested donation.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park
603 Edmonston Drive
www.rockvillemd.gov/arts
240-314-8681

GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the Mansion and formal gardens.

Discover Rockville's Hidden Treasure
in Rockville Civic Center Park

Special rental discounts for
Rockville residents and businesses.

240-314-8660

www.rockvillemd.gov/glenview
603 Edmonston Drive



Art Gallery

2nd floor Spring Exhibits



March 6-24

Rockville Student Art Show

Varied media from students, K-12

Artwork Delivery:

Sunday, Feb. 28, 1:30-3:30 p.m.

Opening Reception:

Sunday, March 6, 1:30-3:30 p.m.

April 3-22

Chuck Bress - "Birds of Prey" photography

Emily Pearce - Botanical Art

Collaborations - mixed media: painting,
photography, assemblage

Anne Mattocks - sculpture

Opening Reception:

Sunday, April 3, 1:30-3:30 p.m.

May 1-27

Rockville Art League/Juried Members' Show

Varied media

Opening Reception:

Sunday, May 1, 1:30-3:30 p.m.

FREE – Open to the public • 240-314-8282
www.rockvillemd.gov/arts

Thank You!



The generosity of the Rockville Recreation and Parks Foundation helps to ensure that hundreds of children can participate in recreation programs.

To learn more about the Rockville Recreation and Parks Foundation, please see page 71 or visit www.rrpfi.org

NOTIFY ME!

Sign up to receive notifications of Recreation and Parks programs, cultural arts and special events, community center activities and more.

Go to the city's website at www.rockvillemd.gov and click on "Notify Me" button



Sunday Afternoon Concert Series

Glenview Mansion

1st floor Conservatory • 2 P.M.

April 3 - James Mabry - blues guitarist

The real deal - Mr. Mabry's vocal and guitar work transports his audience to the muddy waters of the delta and then sit them down in a Kansas City honky-tonk. A crowd favorite.

May 1 - The Rockville Singers

Sing in the spring!

The singers perform a variety of choral arrangements.

June 5 - Cristian Perez

Defying all musical labels, Argentine guitarist/composer Cristian Perez weaves together genres from throughout the world to reveal the universality of music. With a strong foundation in classical, jazz and South American music, he crafts a singular voice, rich in sensitivity and nuance that freely explores the possibilities of music as an art form.



Rockville Chorus

Bryan Seith, Director

Spring Concert

Sunday, May 22, 7:30 p.m.

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
603 Edmonston Drive

Open to the public – No tickets required.
240-314-8682 • www.rockvillemd.gov/arts

ROCKVILLE Student Art Show

Open to students who live or attend school within City of Rockville corporate limits (Grades K-12).

Students may submit one 2-D or 3-D work of art in any medium.

Judging for ribbon awards, by grade level (Grades 4-12).

Registration/Delivery of Artwork

Sunday, Feb. 28,
1:30-3:30 p.m.

*All participants receive
a certificate.*

Glenview Mansion Art Gallery

Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Opening Reception

Sunday, March 6, 1:30-3:30 p.m.

Student Artwork on Exhibit

March 6-23

Artwork pick-up

March 24 and 25

240-314-8682
www.rockvillemd.gov/arts

Rockville Civic Ballet

Eleanor Simpson, Acting Director



"The Odyssey"

The ballet company will present
Homer's epic.

Saturday, March 12, 7:30 p.m.

Sunday, March 13, 2 p.m.

Tickets: \$17 Adults
\$13 Children
(12 and younger)
\$13 Seniors
(60 and older)

Group Rates: \$16.50 for 7 or more
adult tickets
\$12.50 for 10 or more
children/senior tickets

Assigned seat tickets may be purchased
in person or by phone at the F. Scott
Fitzgerald Theatre Box Office, or online at
www.rockvillemd.gov/theatre

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
603 Edmonston Drive
For Tickets: 240-314-8690

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
240-314-8690

603 Edmonston Drive, Rockville, MD 20851
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Rockville Concert Band

"Music for All Ages"

April 17 at 3 p.m.

Free. No ticket required; \$5 suggested donation.

Rockville Little Theatre

"Our Town"

April 29 & 30, May 6 & 7 at 8 p.m.

May 1 & 8 at 2 p.m.

Tickets are \$22 (\$20 senior and student)

Rockville Chorus

Spring Concert

May 22 at 7:30 p.m.

Free. No ticket required; \$5 suggested donation.

Washington Balalaika Society

Magical Strings

June 4 at 8 p.m.

Tickets are \$25
(\$20 senior and \$15 student)

Victorian Lyric Opera Company

"HMS Pinafore"

June 9, 10, 11, 17, & 18 at 8 p.m.

June 12 & 19 at 2 p.m.

Tickets are \$28
(\$24 senior and \$20 student)
\$12 preview performance on June 9

Washington Metro Gamer Symphony Orchestra

Spring Concert

June 25 at 7 p.m.

Free. No ticket required;
\$8 suggested donation

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at www.rockvillemd.gov/theatretix

Box Office is open Tues.-Sat., 2-7 p.m.
and two hours prior to ticketed shows.

Financial Assistance Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The Fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** - Document must be dated within one year of application.

How to Online



24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/recreation

Online Donation Course #s

\$ 25 - #46993
\$ 50 - #46994
\$ 75 - #46995
\$100 - #46996

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks
"Rockville Youth Recreation Fund Donation"
111 Maryland Avenue, Rockville, MD 20850

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr.**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The School of Music**, 1331 Rockville Pk. 20850
39. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
40. **Thrive Yoga**, 1321-B Rockville Pk. 20852
41. **Twinbrook ES**, 5911 Ridgway Ave. 20851
42. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
43. **Welsh Park**, 344 Martins Ln. 20850
44. **Woodley Gardens Park**, 900 Nelson St. 20850
45. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers

Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Barbara B. Matthews, City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a camp program, we want to know! We will suggest another program for your child to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the city's parks and facilities.



Please send your tax deductible gift to:

200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Name: _____

Address: _____

Email: _____

Phone: _____

This gift in in honor/memory of:





Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov/swimcenter and sign up for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks, Facilities Go Smoke-Free March 1

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19 Mayor and Council agenda a www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center.....	240-314-8770
Cultural Arts (Info. Line).....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center	240-314-5047
Lincoln Park Community Center	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course.....	240-406-1650
Rockville Skate Park.....	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center.....	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line).....	240-314-5055
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall)	240-314-8137

We are now accepting Medical Assistance!

City of Rockville residents receiving Medical Assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children.

Please call 240-314-8620 for more information.

MAIN CONTACT: *required information*Primary Phone: _____ ☐ Check here if new address/phone since last time registered.

*Last Name _____ *First Name _____ DOB: / / Sex: M/F

*Address: _____

*City/State/Zip _____

*Secondary Phone _____ * Email Address: _____

EMERGENCY CONTACT: (other than parent or adult participant)

First Name _____ Last Name _____ Phone _____

PARTICIPANTS:


Name (Last, First)	Sex M/F	Birthdate M/D/Y	Activity/ Class Name	Course #	School Attending	Sch. Yr. '15-'16 Grade	Fee

Rec Fund: \$ _____ Sr. Ctr. Mem: \$ _____ Multi-Course Discount: \$ _____
 \$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship: \$ _____
 Total: \$ _____

Special Needs: Participants with special needs should contact our office three weeks prior to activity.

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

*Signature of Participant/Guardian 

PAYMENTAmount Paid \$ _____ Cash ☐ Check # _____
☐  ☐  _____ Exp. Date ____ / ____

Signature (name on card) _____

OFFICE USE ONLY:

Check _____ Cash _____ Charge _____

Other _____

Processed by: _____

Date Processed: _____

Total Paid: \$ _____

Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration.

Main Line: 240-314-8620 • Fax: 240-314-8659

City of Rockville

111 Maryland Ave., Rockville, MD 20850

CONTACTO PRINCIPAL: *información obligatoria

*Teléfono fijo: _____

☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

*Apellido _____ *Nombre _____ Fecha de nacimiento: / / Sexo: M/F

*Dirección: _____

*Ciudad/Estado/Código postal _____

*Teléfono del trabajo _____ * Dirección de correo electrónico: _____

CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)

*Teléfono fijo segundario: _____ Apellido _____ Teléfono _____

PARTICIPANTES:

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar '15-'16 Grado	Tarifa


Fondo de rec.: \$ _____ Miembro de hogar de ancianos: \$ _____ Descuento por asistencia a varios cursos: \$ _____

Contribución adicional al Fondo de recreación: \$ _____

Total: \$ _____

Necesidades especiales: Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.**Descargo y exención de responsabilidad, asunción de riesgos y consentimiento**

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

*Firma del participante/tutor  _____**PAGO**Importe pagado \$ _____ Efectivo ☐ Cheque N.º _____☐  ☐  _____ Vencimiento Fecha _____ / _____

Firma (nombre que aparece en la tarjeta) _____

SÓLO PARA USO DE LA OFICINA:

Cheque _____ Efectivo _____ Cargo _____

Otro _____

Procesado por:

Fecha de procesamiento:

Total pagado: \$ _____

Registration Begins:

- Thursday, March 10 for all (March 8 for swim and senior center members), 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be cancelled if registration is insufficient. If a program is cancelled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.



**Most convenient method.
7 days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

PRESORTED
STANDARD
U.S. POSTAGE PAID
Rockville, MD
Permit No. 63

ECRWSS
Residential Customer



MEMORIAL DAY WEEKEND

HOMETOWN
HOLIDAYS
MUSIC FEST

HTH

SATURDAY, MAY 28
SUNDAY MAY 29
& MONDAY MAY 30

ROCKVILLE TOWN CENTER

HOSTED BY CITY OF ROCKVILLE
MAYOR AND COUNCIL

240-314-8620
WWW.ROCKVILLEMD.GOV/HTH

#HTH16
#HometownHolidays
Like us on Facebook!



City of
Rockville
Get Into It